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**July declared fieriest month since 2005**
The number of forest fires documented last month were double the amount registered in the same month of last year, making July 2010 the fieriest month of the past five years. (See Page 7)

**Another woman killed in act of domestic violence**
A 37-year-old woman was killed in Amadora this week following an outburst of domestic violence during which a 45-year-old man brutally stabbed the victim in the chest before turning himself over to police. (See Page 10)

**Portugal creates first 'anti-headache' wine**
The first national DOP wine (of denominated protected origins) without the traditional addition of sulphates has been created in Vila Nova de Foz Côa and promises to mark the end of 'morning-after' headaches. (See Page 15)

**Michael Bolton captivates at the Sheraton Pine Cliffs Summer Gala**
Two-time Grammy Award wining musician Michael Bolton gave an intimate concert at the Sheraton Pine Cliff's annual Summer Gala on Sunday night, greeted with great excitement from many female fans in the audience who proved you are never too old to be star-struck. (See Page 19)

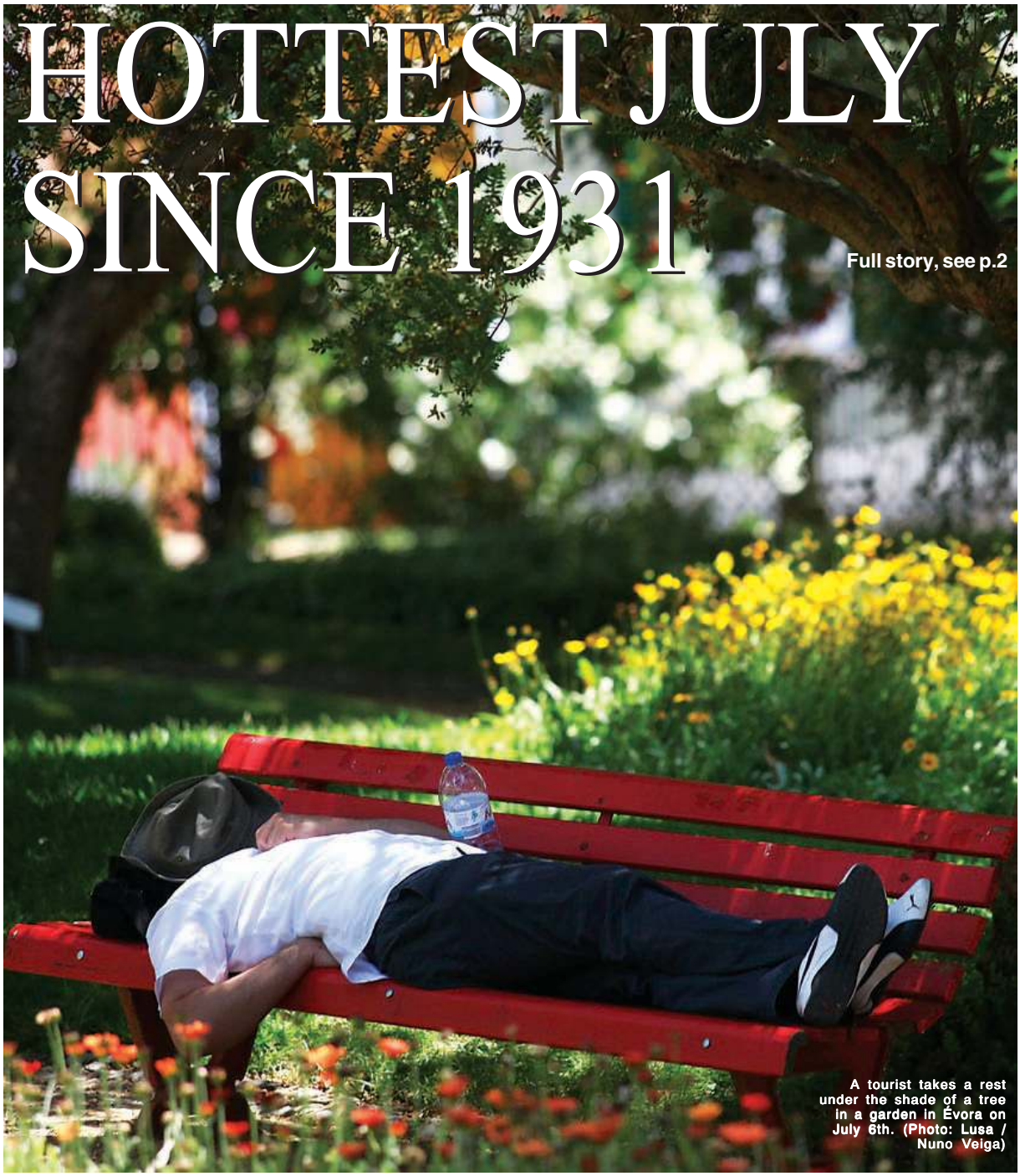
**Portimonense to play in Faro**
Portimão football club Portimonense will be kicking off their home fixtures at the end of August at the Faro-Loulé stadium, sources at the club have this week told **The Portugal News**. (See Page 64)

**Weekend weather**
**Lisbon:** The start of the weekend will herald above average temperatures for the Portuguese capital before becoming cooler at the start of next week. **Algarve:** The south of the country will remain warm and summery and will boast the most constant weather, with temperatures raging from a minimum of 20º at night to a maximum of 30º in the day. **North:** Temperatures will top 30º Celsius at the start of the weekend, but thermometers are forecast to fall to around a maximum of 26º next week.

# Average temperatures up 3ºC as last month is declared one of the hottest and driest on record

# HOTTEST JULY SINCE 1931

Full story, see p.2



A tourist takes a rest under the shade of a tree in a garden in Évora on July 6th. (Photo: Lusa / Nuno Veiga)

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# Hottest July since 1931

Brendan de Beer

**Much of the country was gripped by heat waves last month while parts of the Algarve reported record numbers of tropical nights (where minimum temperatures fail to fall beneath 20°C) figures published this week have revealed.**

A mother cools off with her child during the 1st July heatwave when temperatures in excess of 40° were common throughout the country. (Photo: Hugo Delgado / Lusa)

The debate over the effects of climate change on Portugal has been reignited after it emerged the country had recorded its hottest July for 79 years.

Mainland Portugal recorded average temperatures of 31.75ºC, which is 3ºC above the 30-year reference period from 1971 to 2000, official figures released by the Met Office show.

Minimum temperatures were also 1.1ºC above averages, at 16ºC.

The Met Office further said in addition to these temperatures being substantially higher than usual, they were also responsible for increased discomfort.

According to the Weather Stress Index people on mainland Portugal were subjected to high and extreme levels of thermal discomfort.

In total, two separate heat waves were registered last month. The first was recorded between July 5 and 8 and the second from July 25 to 29.

Nights were also warmer than usual, with the Faro weather station recording 22 nights during which thermometers failed to fall under the 20ºC-mark, which is commonly termed a 'tropical night'.

Rainfall was also adversely affected in July, with average rainfall of 1.3mm for the month being 12.5mm down from the average and also being the lowest on record for 24 years.

The rainfall, or lack thereof last month, is in stark contrast to last winter.

Portugal broke yet another weather record earlier this year with news that it was the wettest winter since 1870 in Lisbon.

Not surprisingly, flood-ravaged Madeira also managed to beat rainfall records, which were first compiled on the island in 1865.

Meanwhile, a scientific report published in the spring revealed the Iberian Peninsula has been warming at a rate of 0.5 degrees per decade between 1975 and 2005. While this increase is similar to the European average, it is 50 percent above the average of the Northern Hemisphere and almost three times the global average, a team of 120 scientists found. They had been commissioned by the Spanish Government to study the effects of global warming.

The study, entitled, 'The Climate in Spain: past, present and future', which includes Portugal, found that warmer temperatures are being recorded most often in spring and summer.

Last December, the Met Office revealed that Portugal has warmed by 1.2 degrees Celsius over the past few decades and is increasingly prone to extreme weather patterns such as heavy rains, heat waves and extended cold snaps.

"Extreme phenomena could start having a greater frequency than they have had in the past. We are constantly setting new records for the hottest summers", predicted the president of the National Met Office, Adérito Serrão.

Figures released by the Met Office at the turn of the year showed that the average temperature in Portugal had risen by 1.2 degrees Celsius since 1930 – a substantial amount according to weathermen.

However, it was also indicated that thermometers have been rising by 0.8 degrees each century, but this century they have risen slightly higher than in the 20th.

According to the Met Office, this "significant" difference of 0.4 degrees can be blamed on the industrial revolution, which brought with it a greater release of carbon dioxide into the atmosphere.

"If current projections are to be maintained, there will be serious effects. All that exceeds two degrees in relation to 1990 will have irreversible effects on ecosystems and could cause natural disasters, similar to ones we have seen in the past, but with much more intensity", the Met Office explained.

The Met Office has been working alongside the University of Lisbon in monitoring climate change in Portugal, its effects and how it can be reduced.

"We need all the information we can in order to act", Adérito Serrão explained, adding that this is the reason why government and organisations across the globe are investing as heavily as they have been in climate change research.

In a related story, research published last summer revealed that the environment around the Algarve is experiencing dramatic change, with even bigger changes in the climate forecast during the course of the current century for the region.

Jorge Gonçalves, a researcher at the Centre for Ocean Sciences at the University of the Algarve, believes that overall, the major benefactor of climate change in the Algarve, will be the fishing industry, which can look forward to a greater array and variety of fish species appearing in their nets.

In separate and perhaps more disturbing findings, another researcher at the same University predicted that the Algarve will be affected by periods of drought that will last much longer and be far more severe.

In addition, explained Tomasz Boski, the region will be hit by more frequent forest fires, while days of recorded rainfall will be greatly reduced, though storms will be more violent and spread into the summer months as is the case in tropical regions.

Another feature of the region's changing climate will be the regular appearance of 'dry fog'. According to the coordinator at the Centre for Marine and Environmental Research, this phenomenon occurs mostly in May and is related to sand granules being blown into the Algarve from the Sahara Dessert.

A further study has also revealed that in a hundred years from now large parts of the Portuguese coastline could be waterlogged and temperatures in the Algarve will soar, becoming a playground for swarms of bugs and parasites and forcing tourists to head north.

The study, exploring the effects of climate change on Iberian destinations to the end of the 21st century, was conducted by the Estoril Higher School of Tourism and Hospitality (ESHTE), its predictions being described as "worrying", by Eunice Gonçalves, head of the ESHTE's directive board and co-author of the study.

"The study was devised to warn people that if nothing is done to prevent the predicted future there are strong probabilities this catastrophic scenario will become a reality", she said.

Rises in average temperatures of up to six degrees are forecast by the study for the Algarve, figures that have been predicted by other recent studies and surveys.

As a consequence, researchers are warning that winter could become the high season for the Algarve and southern Spain.

Those responsible for the research said climate change won't be the 'death' of the Algarve, "but as a destination it will start to thin out and cause other regions to fatten up", like Northern Portugal, Madeira and the Azores.

One of the most worrying effects is the average rise in sea levels, because of which experts predict a large part of the Portuguese coastline will become waterlogged and even submerged.

On a global scale, this century the sea has risen by 10 to 20 centimetres due to the melting of polar icecaps.

In an associated story, a leading Portuguese expert has forecast that summer could last between five and six months by the middle of this century.

The official 'bathing' season, which commenced on June 1st and ends on September 30th, may have to be revised as thermometers start hitting the 30-degree mark earlier in the year, with temperatures in their mid-20s lasting well into October.

According to one of Portugal's leading specialists in climate change, "With the rise in average temperatures, what we know as summer will be extended. Within the next 50 years, we will have five or six months of summer as opposed to two or three", explained Filipe Duarte Santos.

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# Last month Portugal's roads were at their deadliest since 2005

An accident between two buses which caused 20 light injuries in Oporto on July 9th. (Photo: Lusa / José Coelho)

The month of July this year was the deadliest since 2005, with one fifth of all fatal accidents registered so far this year having occurred last month.

These latest figures, published this week by the National Road Safety Authority ANSR prove that the recent improvements regarding accidents and deaths on Portuguese roads has been reversed.

In July this year a total of 82 people were killed on Portuguese roads; in the last week of July alone 31 people died in traffic accidents and a further 99 were seriously injured, making this year's month of July the deadliest since 2005.

That month, July 2005, 100 people lost their lives on the roads in Portugal.

ANSR's statistics further show that during the first seven months of this year 406 were killed in a road accident, two more deaths than in 2009.

These figures apply only to crash victims who died at the scene of the accident or en-route to hospital.

Figures including victims who died in the 30 days following the accidents will also be revealed later this month, ANSR guaranteed. It will be the first time ever that statistics will include deaths caused by traffic accidents up to 30 days after the incident since the new calculus method was introduced at the beginning of the year.

ANSR's report indicates that, of this year's 406 fatalities, 59 occurred in Lisbon, 55 in Oporto, and 42 in Aveiro. Eight people were killed in road accidents in Beja, six in Vila Real de Santo António, and five in Guarda.

# Foreigners now 5% of total population

Close to 184,000 immigrants were legalised since August 2007, and foreign residents now amount to 5% of Portugal's population and 10% of its workforce, State Secretary for the Interior Dalila Araújo said.

Since a new law came into force in 2007, 50,000 immigrants employed in Portugal became legal residents; 57,000 were allowed to rejoin their families; and another 77,000 received Portuguese resident documents.

Araújo said that in the past three years Portugal took a "very humanist" approach to immigration.

The state secretary also estimates that around 10,000 foreigners living in the country are illegal immigrants.

"We strive for not having any undocumented foreign citizen in Portugal", the state secretary added.

She explained that the presence of illegal aliens in Portugal has decreased "substantially" in recent years and the government's "humanist" policies aim at their integration.

The state secretary further told Lusa News Agency that immigration services had "minimal" difficulties in controlling the entry of foreign nationals because of the service's advanced technology.

Portugal, Araújo said, had 454,000 documented foreign residents – 5% of the total population and 10% of the active work force.

She said the government viewed immigration "positively", as a dynamic that helped the country grow economically, culturally and through higher birth rates. *TPN/Lusa*

# Watchdog finds no political hand in cancellation of controversial TV broadcast

The cancellation of controversial TV news broadcast "Jornal de Sexta" ("Friday's News") was not the result of political interference, Portuguese media state watchdog ERC said.

"Jornal de Sexta" and its main anchor, Manuela Moura Guedes, were widely perceived as heavily critical of Prime Minister José Sócrates and his government. The newscast was suspended in September 2009 by its network, TVI.

TVI executives then said that the broadcast, despite having high ratings, did not fit the network's strategy. Several TVI journalists resigned from their posts; ERC decided to investigate the issue.

Last Thursday's ruling states that "there is no proof that the decision by TVI's board to suspend 'Jornal de Sexta' was politically influenced", adding that TVI's executives were mostly influenced by their parent company Media Capital and by Media Capital shareholder Prisa (a Spanish media group). *TPN/Lusa*

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# Unusual amount of washed up dead turtles worrying experts

The abnormal amount of dead turtles that have recently washed up on the Algarve's coastline in one week is worrying sea-life experts, who appeal to anyone who comes across such a situation to alert the authorities.

Zoomarine return two sea turtles to the ocean on the National Day of Nature Conservation on July 28th. (Photo: Lusa / Luis Forra)

At least ten dead turtles have been found on Algarvean beaches over the past seven days, most of which were found in the Eastern part of the region, on beaches in Vila Real de Santo António, Manta Rota, Barril, Monte Gordo, Quarteira and Falésia.

The turtles were mostly of the 'caretta caretta' species, the most common type of turtle, though the carcass of one of the largest species of turtle in the world, which is rarely found in Portuguese waters, also washed up.

"These are the cases we know about and many others are not even reported to the authorities", said biologist Élio Vicente, who is also the director of Science and Education at the Zoomarine sea life and water park, in Guia.

According to Élio Vicente, "Behind these incidents could be a collective cause and it is important to gather as much information as possible to analyse the cause of death".

He explained that the deaths could be due to a viral or bacterial epidemic, for example.

Other more frequent causes of death, Mr. Vicente said, were accidents involving fishing, boat propellers, or collisions with jet skis. Mr. Vicente warned beachgoers who find dead turtles not to touch them, but to report the finding to the authorities.

"They are decomposing cadavers of reptiles that died of an unknown cause and they could be carrying a virus, bacteria or parasites".

# Having a ball could prove costly

Beachgoers playing ball games, this includes playing football, on parts of beaches that are under a concession could be fined between €25 and €2,500, the Portuguese Maritime Police have warned, but urged life guards and concessionaires to not try and "substitute" the authorities in such an event.

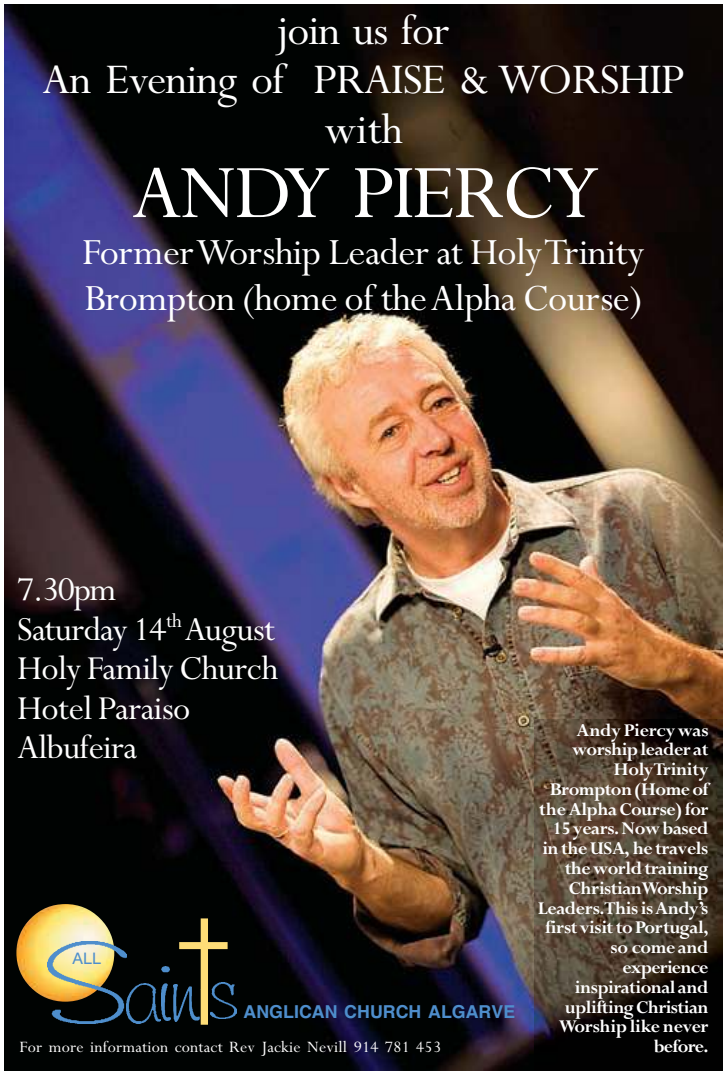
On Sunday August 1st a disruption occurred on Quarteira beach, in Loulé, when a beach concessionaires took a ball away from a 16-year-old boy who had been playing in the managed area of beach, therefore carrying out the role of the Maritime Police.

The boy's father later made a complaint with the Maritime Police, accusing the concessionaire, 64-year-old Manuel Duro, of "attacking a minor".

To avoid such public disturbances, Commandant Marques Ferreira has suggested that neither concessionaires nor life guards should take it upon themselves to "substitute" the authorities, and should instead contact the Maritime Police, who are responsible for enforcing the law along the coast.

"If there is inappropriate behaviour, the lifeguard or the concessionaire should not take risks and should instead call the Maritime Police", a head officer told Lusa News Agency.

According to decree-Law 309/93 of September 2nd, on beaches destined for leisure use, is it prohibited "to play sports outside channelled spaces defined by markers or outside areas designated for the purpose".



# Portuguese produce 511kgs of waste, recycle 13% of it

**The average Portuguese citizen produces 511 kilogrammes of waste per year, and recycle 13% of those, little more than half the European Union recycling rate, Portugal's statistics agency INE reported Wednesday.**

The Portuguese waste recycling rate is only 57% of the EU 27 average.

However, INE notes, the "amount of selectively gathered waste doubled" between 2004 and 2009.

"The positive evolution in recent years points to a convergence with EU averages", the INE report reads.

Between 2004 and 2009, Portugal generated 172 million metric tons of waste, 11% of which were hazardous. A slump in the construction industry meant that, in 2009, the rate of waste production "slowed down significantly", INE reported.

*TPN/Lusa*

# Fires continue to rage as July is declared fieriest month since 2005

The number of forest fires documented last month were double the amount registered in the same month of last year, making July 2010 the fieriest month of the past five years.

Nearly a hundred firemen were in force at dawn on Tuesday fighting blazes which were raging in the countryside in the Sernancelhe district. They were hampered by the difficulty of getting their equipment to the mountainous terrain. (Photo: Lusa / Nuno André Ferriera)

In total 5,524 wild blazes were tackled in Portugal last month, a number not reached since 2005, according to the National Forestry Association (AFN).

Even though no figures are as yet available regarding the amount of land that burnt last month, it is known that during the first 15 days of July 2010 fires had consumed one third of the amount of land burnt during the whole month of July last year.

During that period, 1,616 blazes were registered. During the second half of July, according to data available on the National Association for Civil Protection (ANPC)'s website, a further 3,908 fires broke out, giving a total of 5,524 fires last month.

This is more than double the 2,173 fires registered in July 2009.

It is thought that the rise in temperatures and a subsequent heatwave experienced during the latter half of last month could be reasonable for the increase in the number of fire outbreaks during that period.

More than 20 percent of the 5,524 occurred in just three days, from July 26th to 28th, a total of 1,294 outbreaks in 72 hours.

"In fact July 27th 2010 registered the highest number of fire outbreaks in one day of the past five years", the ANPC revealed.

This year, other problems beside the heatwave made tackling the flames last month more difficult; some 2,000 fire engines are believed to be out of service, human resources are thinner on the ground and in certain areas there is no air surveillance of the countryside.

On the first day of this month, Sunday, some 295 fires were being fought throughout Portugal; 24 hours later that number had reduced to 222, the most serious of which occurred in Sernancelhe.

The Sernancelhe fire saw the need for two Canadair planes and several units being dispatched to bring the blaze under control. Some 60 firemen and women helped by 19 vehicles were called out to help fight the fire.

In a related story, Portugal's professional fire-fighters have announced that a national protest has been scheduled for September 15th that could even become a strike.

The action is being taken to protest against the desertion of fire-squads in various parts of the country as well as delays of many years in updating careers.

Fernando Curto, president of the National Professional Fire-fighters' Association (ANBP), has said that the situation is "serious" and "laments" the fact that the defining of new careers is more than five years late in being made law.

A press release from the ANBP general committee highlighted the "lack of hundreds of fire-fighters" which is "putting the population's safety at risk".

It highlighted the worst national scenarios, which reportedly are in Faro, Viseu and Leiria, where each shift is allegedly being carried out by between six and eight professionals, and certain rescue vehicles, which should be manned by a team of five, are going on calls with "two or three firemen".

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# Horses go on rampage in Faro

Three horses were on the loose in the city of Faro on Tuesday and, after having caused panic in the traffic and hitting a vehicle, were eventually captured near the court house. (Photo: Lusa / Luis Forra)

On Tuesday this week three horses went on a rampage throughout the city of Faro, causing panic and chaos amongst the traffic and damage to a vehicle after they ran into it.

The animals were eventually caught 11 metres from Faro Court House.

A PSP source told Lusa News Agency that the three horses had been grazing on a plot of land belonging to Faro's 'Judicial' district after having fled from a gypsy camp, crossing the entire city on their route.

They were eventually caught on the Avenida 5 de Outubro, one of the main roads in Faro, near the court house and tourism board buildings.

Shortly after they were caught the horses' owners came forward to claim them and told police they would be responsible for paying for any damage caused.

## Portuguese takes over VW's Autoeuropa

Volkswagen Autoeuropa's first Portuguese director-general, António Melo Pires, will be formally presented to his workforce on Tuesday at a ceremony attended by Economy Minister José Vieira da Silva, the company said.

António Melo Pires' promotion to the company's top post occurs the year Autoeuropa plans to increase its production by 20% to more than 100,000 vehicles annually.

A mechanical engineer by training, Melo Pires will assume his new responsibilities at the Palmela plant, south of Lisbon, on September 1, replacing Andreas Hinrichs.


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## Gov't disagrees with Transparency International report on corruption

The Portuguese Justice Ministry has criticised a Transparency International report that chastises Portugal for doing "little or nothing" to follow Organisation for Economic Cooperation and Development (OECD) guidelines on fighting corruption.

"Transparency International [TI] does not employ data requested from official sources", the ministry claims in a press statement, adding that TI "bases their reports on perceived corruption, as measured in surveys with citizens from several countries", not through "internationally credible institutions that evaluate countries in this and other areas".

TI is a Berlin-based NGO that monitors corruption and corruption-fighting efforts worldwide. A recent TI report on OECD's 36 nations includes Portugal among those that do "little or nothing" to follow guidelines on fighting international corruption.

The Justice Ministry added that the government is engaged in "raising awareness in the justice community and in business for corruption in international deals".

*TPN/Lusa*

## Teen attacked on Ferragudo beach

A 17-year-old girl was attacked while walking with three friends in Ferragudo during the early hours of Sunday morning, July 23rd. It is thought she was on her way home from a summer beach party at the Praia dos Caneiros beach.

Subsequent talk amongst fellow party-goers was that an attempted rape had occurred.

Police confirmed an attack though did not confirm the exact location or disclose further details of the circumstances surrounding the incident, or the alleged rape.

In a statement to **The Portugal News**, GNR public relations official Major Vitor Calado said "The situation occurred on a street in Ferragudo, on July 23rd, at around 05h30".

According to the statement, the victim is a 17-year-old British girl who was "walking in the company of three friends when they were approached by three individuals", one of whom, "under threat, molested the British citizen, stole her purse but returned her mobile phone".

The victim was later shown pictures of possible suspects based on descriptions she provided, but no identifications were made. The case has progressed to court.

During summer the Algarve population almost quadruples in size, due to a mass influx of national and international holidaymakers, requiring an annual boost in police resources. Nevertheless, as Major Vitor Calado explained, "the majority of summer parties are private affairs" and therefore do not require any particular involvement from the regional police forces.

# Tolls for A22, but only tourists will pay

Brendan de Beer

The Government has once again managed to reinvent a way it deems fit to charge tolls on the Algarve's A22 motorway. After the backlash it suffered from all quarters, including from within, the ruling Socialists now believe that an exemption for local residents and business will be sufficient to stave off any protests while simultaneously allowing it to cash in on visiting drivers to the region.

Speaking during a visit to the Algarve, the Deputy State Secretary for Public Works and Communication revealed that tolls could be levied on the A22 long before looming renovation work to the EN125 is concluded.

Having a viable alternative to the A22 has been one of the principal requirements for regional representatives prior to the introduction of tolls on the Algarve's sole motorway.

"Should the decision be taken to charge tolls before schedule, those who live and work in the Algarve will always be entitled to an exemption", Paulo Campos told reporters in the Algarve.

Introducing tolls on the A22 "is a necessary and above all, just measure. It's a matter of justice when verified with a combination of presuppositions", the state secretary reasoned.

Mr. Campos also revealed that major renovations will be commencing on the EN125 by the end of this month, with the remainder of work starting in September.

Work on the EN125 will come at a cost of €150 million and will cover 273 kilometres through 14 councils of the region.

In the meantime, it is unclear how the Government plans on charging 'tourists' using the EN125 and it seems this latest proposal contains flaws.

Currently, the Government is planning on having cars fitted with devices similar to 'Via Verde' and are also contemplating fitting microchips on licence plates which will be read at regular intervals along the A22.

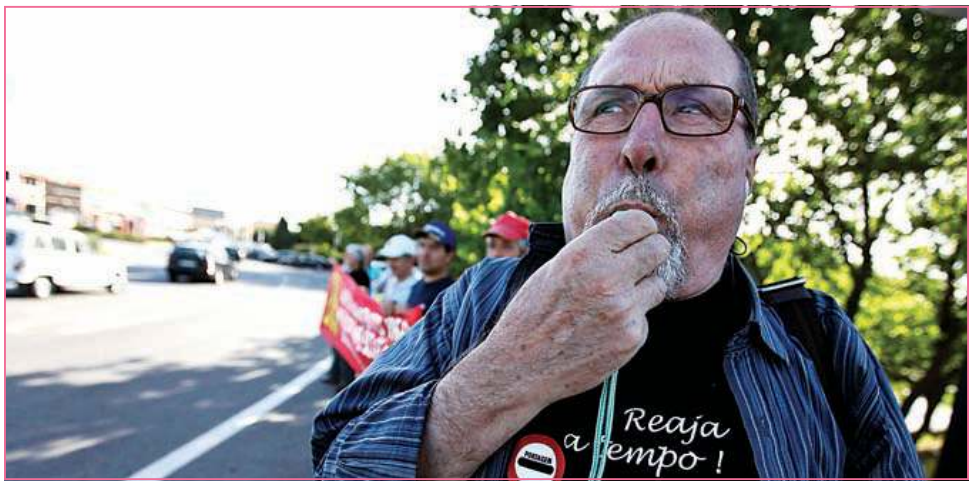
But car hire companies in the Algarve will be locally registered, and therefore their drivers, tourists or locals, should be exempt, unless a method is devised allowing to discriminate between a local or a tourist driving a rent-a-car.

Similarly, foreign-registered vehicles will also be unable to pay tolls as they would not be fitted with devices unless costly toll booths are erected along a motorway designed not to accommodate them.

However, Portuguese-based drivers from elsewhere in the country will be required to pay tolls or use the EN125 'alternative', which, as was revealed by Mr. Paulo Campos, will be undergoing extensive renovation works for the foreseeable future.

These so-called SCUT (from the Portuguese acronym for toll-free) motorways currently cost the taxpayer 700 million euros a year, but with the introduction of tolls the state can look forward to raking in up to €21,30 from drivers who travel the length of the A22 from Lagos to Vila Real do Santo António.

**Photo above right: Drivers protest against the tolls at the Produtos Estrela roundabout in Oporto on July 15th. (Photo: Lusa / José Coelho)**



# Another woman killed in act of domestic violence

A 37-year-old woman was killed in Amadora this week following an outburst of domestic violence during which a 45-year-old man brutally stabbed the victim in the chest before turning himself over to police.

A homage of silhouettes to the victims of domestic violence promoted by the City Hall of Marco de Canavezes in July 2006. (Photo: Lusa / Estela Silva)

So far this year 14 people have lost their lives due to domestic violence.

At around 15h45 Monday afternoon the Amadora killer walked in to a Mina police station to confess his crime. A short while later the woman's body was retrieved by police.

Just hours earlier a similar incident had taken place in Vila Nova de Famalicão, where PJ police officers detained a 55-year-old man who had punched, attempted to strangle and stab a female victim believed to be his wife.

Both suspects were heard in court this week.

Domestic violence was, in parts of the country earlier this week, a much discussed topic after news broke last Friday that the Mayor of Rio Maior, Isaura Morais, had made an official complaint against her long-term ex-partner.

PJ police found two old firearms and two other weapons during a raid carried out on Mayor Morais' ex-partner's residence.

The man was detained and later released on Saturday, after having been indentified.

"When the victim asks for protection it cannot wait" said Daniel Cotrim, Portuguese Victim Support Association APAV, speaking to Lusa News Agency.

Complaints concerning lack of protection for victims of domestic violence are frequent amongst rights activists.

In Oporto and Coimbra a new programme was recently introduced to keep attackers away from their victims by tagging them with electronic bracelets. Fifty new bracelets were bought in December last year for the purpose.

Last month it was reported that, since the beginning of the decade, the number of cases of domestic violence being reported to police in Portugal have risen year-on-year by 11.3 percent.

This was recently confirmed by State Secretary for Equality Elza Pais, who announced "Since 2000 the number of complaints has risen, on average, by 11.3 percent" each year.

Mrs. Pais believes this is an indication that "women are overcoming their shame".

"Today, without a doubt, victims are gaining the ability to speak out and shun the silence that for many, many years prevented them from reporting their attackers", she stressed.

The State Secretary added that the Government "is undertaking a fight without a truce" against domestic violence, with "544 projects" to tackle the issue currently being in place from the north to south of Portugal.

Elza Pais elaborated that a new plan against domestic violence "is ongoing", should be implemented at the beginning of 2011, and is expected to last for three years.

Last year 29 women were murdered through domestic violence.

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# Freeport case investigation "may be reopened"

**The Freeport investigation on suspected corruption that involved government officials was declared closed late last week, but "may be reopened", assistant attorney-general Cândida de Almeida wrote in a statement to which Lusa News Agency was given access.**

"A deep and thorough review of evidence was conducted, some inquiries were left unanswered since they were contingent on international cooperation", Almeida wrote.

"Once answers are received, and if they determine that the current decision is changed, the case will be reopened."

The case began in 2002 with suspicions of bribery and graft in the licensing process for the construction of the Freeport shopping outlet in Alcochete (South of Lisbon).

The Freeport investigation became extremely controversial in Portugal as the Environment Minister who signed off on the licensing process was José Sócrates, currently the Prime Minister.

Two of his relatives were investigated in connection the Freeport case.

Prime Minister Sócrates was never among the initial list of "arguidos" – potential defendants if official charges were pressed –, which included other government officials, including a member of the environmental state agency and the mayor of Alcochete.

The attorney general's office pressed charges of "attempted extortion" this week only against two consultants involved in the deal, and determined the investigation was over.

Speaking shortly before the emergence of the Attorney-General's office apparent change of heart, Prime Minister José Sócrates claimed the conclusion of the Freeport investigation revealed that he was the target of "slander, falsehood and injustice".

Freeport in July 2007

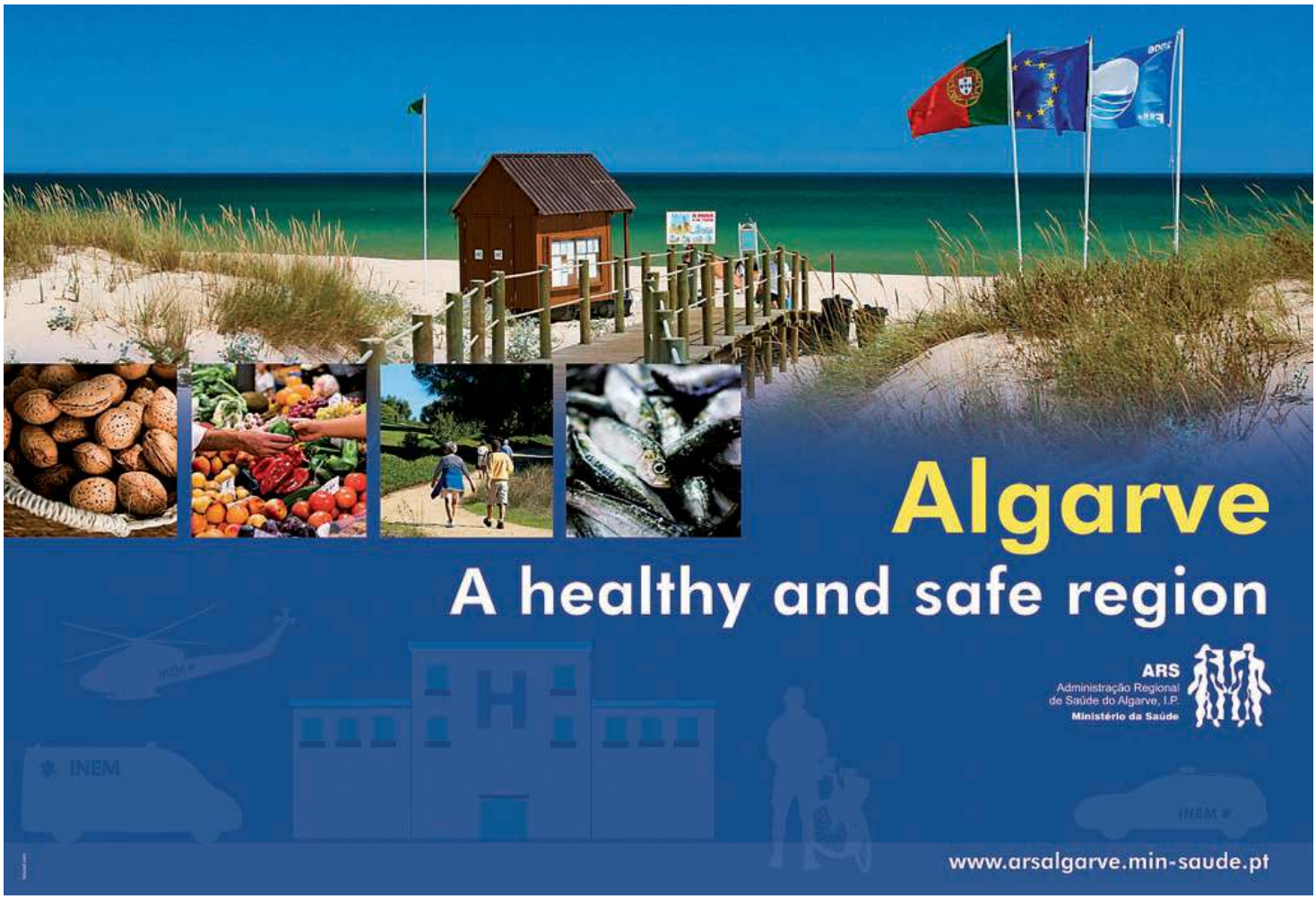
Investigators had concluded last Tuesday that no foul play occurred. The two partners of consulting firm Smith & Pedro will go into trial for "attempted extortion".

"I always said that the truth would come out", Prime Minister Sócrates said in a statement read to journalists. "It is now clear to all well-meaning Portuguese citizens the amount of slander, falsehood and injustice (…) frequently with a single goal: to politically and personally attack me"

"[The judicial authorities] concluded no irregularities occurred in licensing the Freeport venture. Naturally, I'm not surprised by this, since, as I had always argued, the licensing complied with all legal rules and regulations", Mr. Sócrates said, adding: "I hope this is the last time I have to talk about this issue."

The initial list of "arguidos" included five people besides Manuel Pedro and British citizen Charles Smith. Two of those five worked for an environmental state agency, and another was mayor of Alcochete. None of them have been charged.

*TPN/Lusa*



# Galp reports strong growth in oil product exports

The Minister of Economy and Innovation, Vieira da Silva, visits the Carriço complex moments before the ceremony to launch a new underground storage system at Galp Energia on July 21st. (Photo: Lusa / Sérgio Azenha)

Portuguese oil company Galp exported €1 billion worth of products during the first half of the year, a sum equal to 80% of its total exports in 2009, CEO Manuel Ferreira de Oliveira said.

Galp exported 2.4 million tons of products, namely gasoline and fuel oil, to 55 countries, primarily to the United States, Mexico and Britain, he told a news conference.

While the company' exports had "improved" during the first half, its business at home and in neighbouring Spain shrank by 3%, Ferreira de Oliveira added.

He said Galp's ongoing exploration campaigns in Brazil and Angola were "all running well".

*TPN/Lusa*

# Offshore Banking Moves Further Towards Tax Transparency

## Isle of Man and Guernsey to start to end banking secrecy

Few expatriates used to think twice about opening an offshore account. They provide a means of keeping Sterling outside the UK; you can usually open and use them from anywhere in the world; interest rates were relatively attractive and they have been popular for 'tax planning' purposes.

While the first two benefits still apply, offshore banks do not necessarily offer the same interest rate advantages that they used to, and from a tax planning point of view the situation is very different today, with more developments on the horizon.

Following the collapse of Icelandic banks in the Isle of Man and Channel Islands, savers also began to question how safe their savings were, even through the jurisdictions did then implement or improve depositor protection schemes.

As a result of these changes, more savers today are considering alternative homes for their wealth.

Offshore banks were often used by people to hide capital and interest earnings away from the taxman. The introduction of the EU Savings Tax Directive in 2005 served to change this. All Member States are required to operate automatic exchange of information on interest payments on accounts held by residents of other States. Belgium, Luxembourg and Austria were allowed to operate a withholding tax system with a view to change to automatic exchange of information after a transitional period.

The Isle of Man and the Channel Islands also operate withholding tax with the option for exchange of information. The withholding tax option effectively maintains banking secrecy. Although the interest earnings now have tax deducted at source, it still falls to the owner to declare it in his country of residence.

By this time next year this will have changed. In June the Isle of Man parliament agreed that from 1st July 2011 it will withdraw the withholding tax option and only operate automatic exchange of information - there will be no more banking confidentiality for EU residents. This was an endorsement of the commitment it made at the Organisation for Economic Co-operation and Development (OECD) Forum in June 2009. It was the first offshore jurisdiction to do this and the decision will impact on all expatriates who have not declared their Isle of Man accounts in their country of residence. Anyone affected by this will need to ensure that they have reported all their interest to their local tax authority … or bear the consequences.

Following quickly on the Isle of Man's heels, on 28th July Guernsey announced that it will introduce automatic exchange of information, thereby abolishing the option to pay a withholding tax and avoid disclosure. The Fiscal and Economic Policy Group has recommended to the Policy Committee that institutions should move to exchange of information from 1st January 2011, and no later than 1st July 2011.

Other European jurisdictions which operate the withholding tax option, eg Switzerland, could now come under increased pressure to follow suit. In any case, the withholding tax rates jumps from 20% to 35% next July.

### High interest rates a distant memory

With the money markets expecting the Bank of England base rate to stay low for some time, many offshore banks have cut the rates they offer on fixed rate bonds. In June, Michelle Slade of Moneyfacts warned that now that demand for savers' money has eased, rates are being cut as banks readjust back to more normal margins. "*Once a few cut rates, others will invariably follow,*" she said.

### Who owns your bank?

Do you really know who owns the offshore bank you may be using and in which jurisdiction it is based? Since the credit crunch more countries have set up depositor protection schemes but you would need to check with the bank exactly what protection they offer.

### Offshore banks closing

In June Northern Rock announced that it is closing down its operation in Guernsey on 2nd September and Irish Permanent said it was shutting its Isle of Man branch by the end of the year. Other banks may follow as they retrench and reduce peripheral arms of their business. For example the Yorkshire Building Society is deciding whether to keep Yorkshire Guernsey open or not.

Many of advantages that offshore banks used to offer investors are gradually being eroded. There are investment structures available which can reduce tax liability, and offer the potential for capital growth and higher rates of return. Speak to an experienced tax and wealth manager like Blevins Franks for the most suitable tax planning and investment strategy to meet your specific circumstances.

*Bill Blevins,*
*Financial Correspondent*
*Blevins Franks*

*To keep in touch with the latest developments in the offshore world, check out the latest news on our website* ***www.blevinsfranks.com***

# Shall We Do the Double-Dip?

The shock of 2008 is now fast disappearing from our minds and we must endure the tiresome wait for a sustainable global recovery. Double dip seems to be the favorite current past time for journalists' scribes after last year's "green shoots of recovery".

With the crisis across the sovereigns and banks this year, the tips for a double dip recession rather than a V-shaped recovery have now taken the limelight when the awful month of May came to a head. Like the politicians, many economists have taken to expressing their pessimistic views without restraint on such a possibility. This was endorsed by a fall in what have been high levels of manufacturing activity in the emerging markets in June.

As usual the politicians had to join in on the doom and gloom with Bernanke of the Fed Reserve disclosing that the future was unusually uncertain. Do two negatives make a positive? The reality is that during the chapter after the historical low rates of interest and unprecedented levels of liquidity that has been pumped into the system, businesses and individuals are keeping hold of their cash.

Forecasts such as those of the International Monetary Fund have been quite bleak and have been revised on a number of occasions. After a very poor June and May, we are seeing world trade rising with the UK recording growth for Q2 of 2010 at 1.1%, which happens to be the highest in 4 years. Germany is set for the same which proves there is life in the west.

Whilst recovery appears to start and then stop, on more than one occasion (don't forget that the 2007-2008 crisis led to a long period of financial bubbles all over the place), one can't help but still feel if at least slightly concerned that there may well be another dip.

There are a number of factors that can explain a second drop which begins with confidence as businesses disappear and households start to save at greater levels than in the last 10 years, even though cash returns are at historical lows.

The other could be that after the stunning rebound in 2009, companies were stocking up for the recovery but it didn't happen. Statistics reached the central banks and they are now scratching their heads. Has low interest rates and the printing of money failed?

The recent problems in Europe with the sovereign debt crisis and their banks spell out a potential recipe for another crisis. If you add government austerity measures, these are two more valid points to feel even more depressed about. Does austerity spell out goodbye to any growth we have achieved through taxation and do public sector cutbacks mean a return to an economic malaise for the day-to-day running of public infrastructure upon which we rely upon every day?

The truth of the matter is that these are all part of the natural landscape that co-exists as we climb slowly out of the hole we fell into. The Mexican stand-off is making its slow withdrawal and we will just have to be patient and hold our nerve. It's never easy and straightforward but, rest assured, we (the human race) have been here before. In fact we have been here many times over many centuries with respect to these sorts of fundamental problems.

The trick is to take advantage of the opportunity by focusing on the basic principles. Taking capital from bank deposits across into the equity of international companies, for example, may very well reward you with a satisfactory return. These businesses are prepared to pay handsomely for your money in the way of dividends which have factored in low interest rates. Maybe the banks will continue to provide poor returns for some time as they work hard to re-stock their capital reserves.

OK, there is always risk in shares with the recent debacle with BP but to highlight the silver lining, VW has just posted some spectacular results. If you were already a shareholder, you could be very pleased as the latecomers to the party demand "I'll have what they're having!"

If there is another dip, at least this second dip won't be as sharp as the last as it would appear there is more to gain than from 2007-2008.

This article is intended to provide a general review of certain topics and its purpose is to inform but NOT to recommend or support any specific investments or course of action.

*Raoul Ruiz Martinez is a resident and independent consultant for Finesco Financial Services Ltd., Glasgow and regulated to advice on capital investments in both the UK and throughout Europe under MiFID regulation. He can be contacted at the offices of euroFINESCOs.a. either by telephone on 289 561 333 or on email Raoul.Ruiz@Finesco.com.* Finesco Financial Services Ltd is authorised and regulated by the Financial Services Authority (FSA). Some of the services provided are not regulated by the FSA because they are not included within the Financial Services and Markets Act 2000.

# Unemployment drops to 10.8% in June

The Portuguese government has welcomed as "good news" and "good signs" last Friday Eurostat's estimate that unemployment shrank slightly in June after three consecutive months of increases.

The EU's statistical agency estimated unemployment in Portugal last month at 10.8%, down from a high of 10.9% in May after a gradual climb from 10.4% in January and February.

"Obviously we continue with high unemployment rates, but in this case one must underline the tendency" towards a decrease, State Secretary for Employment Valter Lemos told Lusa News Agency.

"These are signs that indicate the path we've taken of supporting economic growth and backing businesses in the hiring of youths for first jobs and of the unemployed is a good path that's apparently giving some fruit", Lemos said.

"It's our expectation that this (downward) tendency will continue through the rest of the year", he added.

*TPN/Lusa*

# Unemployment rising faster among immigrants

There are 39,000 foreign nationals registered at job centres in Portugal, which means "unemployment among immigrants rose faster than the national average", Minister of the Presidency Pedro Silva Pereira has told reporters.

The minister did not present any specific unemployment rate for immigrants, but noted that immigrants have "a greater exposure to business areas hit by global crisis", and that their "restricted pool of skills" makes them more likely to be unemployed.

Silva Pereira revealed the immigrant unemployment figure during the presentation of a new Plan for Immigrant Integration (PII).

PII is geared towards helping immigrants gain skills and seek jobs, so that "the job market may better tap the resources of immigrants in Portuguese society", Silva Pereira said.

# PM defends PT deal

Outside view of the Vivo headquarters in Sao Paulo, Brazil on 28 July (Photo: EPA / Sebastião Moreira)

Prime Minister José Sócrates has applauded Portugal Telecom's announcement it was selling its stake in Brazilian cell phone operator Vivo to Spanish Telefónica and buying a position in Oi.

He said the two deals in Brazil "safeguard the international dimension of PT" and justified his administration's "golden share" veto of an earlier, poorer Telefónica bid.

"It was worthwhile resisting pressures from the financial markets and from immediate interests", he said referring to the government's veto of the Vivo deal back in June.

Portugal Telecom announced last week it was selling its stake in biggest Brazilian mobile operator Vivo to Spain's Telefónica for €7.5 billion. PT also said it was buying a minority position in Brazilian cell phone company Oi.

PT and Telefónica held 50/50 stakes in Brasilcel, a company that owned 60% of Vivo.

PT CEO Zeinal Bava said the Portuguese government's "golden share" veto of a smaller, previous Telefónica bid in June had given the company time to negotiate.

"The golden share intervention achieved what we needed – time", Bava told a news conference. The veto also sweetened the Spanish offer by €350 million.

Bava also said PT would pay €3.65 billion for a 22.4% stake in Oi, Brazil's third largest mobile operator, and form a "strategic partnership" with Telemar, Oi's majority owner.

Meanwhile, the European Commission has expressed its "satisfaction" on Lisbon's having given its blessing to Portugal Telecom's sale of its stake in Brazilian cell phone operator Vivo to Spain's Telefónica.

Brussels "takes note that the Vivo deal went forward without obstruction from the golden share" held by the Portuguese government, a commission official told Lusa.

The official recalled that the EU Court of Justice ruled on July 8 that Lisbon's use of its golden share to block the sale last June had constituted an "unjustified restriction" on the free flow of capital within the bloc.

However, and following the announcement, the trade union representing Portugal Telecom workers has said in a statement the sale of its stake in Brazilian mobile operator Vivo has "maimed" PT.

"The PT board and the [Portuguese] government neglected the interests of PT, consumers, clients and workers", the trade union claims, arguing the deal was a "blow on the development of telecoms" in Portugal.

The union concludes that PT "traded a sure thing for an uncertain one". *TPN/Lusa*

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# Clubs to Hire at Faro Airport

Clubs to Hire.com is a new company offering travelling golfers the convenience of booking their golf clubs online and then collecting the golf clubs at their airport of choice.

Clubs to Hire will offer its service at leading European airports.

The company's Chief Executive is Tony Judge and has European Tour golfer Paul McGinley as a partner and company ambassador.

Tony Judge said "We are delighted with the reaction we have received from the travelling golfer. With so many golfers' travelling abroad we felt it was time to take the hassle out of golf travel. Our partner Paul McGinley has firsthand knowledge of travelling with golf clubs and has experienced tennis elbow from lugging his bag to and from airports, not to mention the numerous times they have got damaged or gone missing."

The company reckons that in time golfers will stop taking their golf clubs abroad and will join the thousands of skiers who hire the skis at the resort.

"We are very conscious that we offer a quality product and with Paul's experience we have taken on board the leading golf manufacturers as our suppliers.

We opened our first shop at Faro Airport in Portugal on the 19th of June and we have had a great reaction. We offer our clients the latest in golf club technology with clubs available from €35 per set per week. We intend to offer other services in the future but for now quality at a convenient and affordable price is our mantra."

Currently golfers travelling to European Airports can incur a cost of €60 to €80/£80 to book their golf clubs on their respective flight and on some airlines are limited to 15Kg. Clubs to Hire will supply top of the range hire sets from €35 per set per week.

The company's website is www.clubstohire.com

# New Landscape Project in the Algarve

Jardim Vista, S.A., have been selected to build the gardens at Real Marina Hotel & Spa, a new resort from Hoteis Real Group, overlooking the splendid scenery of Ria Formosa, located in the town of Olhão and with direct access to the future leisure marina.

This privileged location is enhanced by the implementation of landscaped gardens which weave through the buildings providing interest, colour, scent and privacy.

Jardim Vista have implemented a minimalist planting scheme to complement the contemporary architecture of the buildings, as well as being fully adapted to the coastal environment and overall conceptual layout, from the Architect Álvaro Manso.

The planting is well adapted to coastal conditions and requires less maintenance. Accent and instant maturity is provided by the inclusion of mature palms and trees such as Jacaranda and Olive trees. The use of shrubs and sub-shrubs provides privacy to individual properties where necessary.

With 20 years of experience and with a vast portfolio of concluded projects, Jardim Vista rests on a solid combination of design quality, meticulous execution and professional maintenance, vital if gardens are to achieve their full potential.

Among Jardim Vista's clients are several prestigious developers and private clients in Portugal, Madeira, Spain and Gibraltar. Richard Westcott is a landscape architect with vast international experience.

Visit www.jardim-vista.com

# Roma Golf Park, now Family Golf Park

Old Time Favorite, Roma Golf Park has a new name - Family Golf Park, and it's all about family.

Roma Golf Park, a trademark of the Super mini golf SoGolfe in Vilamoura is now called Family Golf Park.

The change follows a need to emphasize the family aspect of the park and to modernize the brand image as "superminigolf" in Vilamoura, as well as preparation for future expansion of "Sogolfe" in terms of tourist entertainment in Vilamoura Algarve.

The Family Golf Park is the largest and most modern North American style miniature golf course in Portugal, situated in the heart of Vilamoura. It is an adventure along Roman roads, located near the Roman ruins of Vilamoura, with whom the Family Golf Park has an accord, a visit to the archaeological digs and a game of miniature golf at a discounted price.

Family Golf Park consists of two courses of 18 holes each, with a snack bar, games room and a Kids Club area. A space dedicated to entertainment with everything you need. The Family Golf Park can organize your next kiddies party including a selection of themes to chose from, all done by the park staff, all parties include a game of mini golf. Or you can just go along for a fun filled day for the whole family and friends.

"Superminigolf" Family Golf Park is the best place to enjoy a game of miniature golf on the Algarve, create your own championship tournaments or leagues. The staff will be happy to assist you with this. Family Golf Park is set in a true garden of Eden, in the midst of waterfalls, lakes, bird cages a Roman theatre and beautifully kept gardens.

There is also a mini tourist train that starts every circuit at Family Golf Park and travels past all the need-to-be-seen places in Vilamoura. They have a BOGOF promotion for golf and train trip, please ask staff about this. Go along for a fun filled day with the whole family or just have a coffee and a snack with some friends.

Family Golf Park is a space dedicated to entertainment for family and friends located right in the centre of Vilamoura, only about five minutes walk from the Marina.close to the GNR and Post Office of Vilamoura. Follow the signposts from the main dual carriage road into Vilamoura from the EN125. There is a large parking lot so no worries about the car.

Call now on 289 30 08 00 to book your next event and be sure it will be one to remember!

Open February the 10th to November 7th from 10am to 1am.

# Chiropractic (Quiropratica) – New Clinic In Portimao

Only the body can heal itself, but it needs specialised help to do so. You wouldn't dream of not servicing your car regularly, or visiting your dentist, so why neglect the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body?

Chiropractors are not just there for when you have a back problem. Although they can help to improve or treat headaches, back pain, muscular pain, sprains, strains and joint degeneration, they can also help to ensure overall good health long into old age.

Prevention is the key to your health in the future. Instead of covering up your symptoms with drugs, a chiropractor will look to correct the underlying cause(s) before it's too late.

Dr António, trained, lived and practiced in America for a number of years before returning to Portugal where little was known about this Alternative Treatment.

Visit his new clinic where he will be happy to discuss ways in which you may reduce the inbuilt barriers to your body's own healing abilities as well as treating any specific problems in relation to joints, muscles, nerves and other tissues.

Have a Healthy Life!

Contact Dr António on tel: 282 423 257 or 918 248 511 or e-mail him at drlopesteixeira@yahoo.com

# The Lightroom

Welcome to The Lightroom a new space for Yoga and Shiatsu, and a place to breathe in the heart of Lagos, born out of our desire for living in freedom, peace and compassion

Jenny and Igor are the Lightroom's teachers and shiatsu givers . They teach yoga to all levels and host a variety of yoga workshops every month.

They share their knowledge and experience of Yoga in order to assist and aid in the process towards peace of mind Their shiatsu sessions lend a wonderful support when meeting that process but also help when stress and other life challenges are overpowering.

Their spiritual foundation is buddhism and it forms the ground on which they base their teaching. Their class schedule and further information can be found at: www.thelightroom.info

The Lightroom is in Travessa Do Forno 4 8600-632 Lagos (by the German bakery in the historic centre)

# Spanair expands International Marketing with Discover the World Marketing

Discover the World Marketing has been instrumental in helping Spanair expand its international sales and marketing with new representation in Belgium, Israel, Italy, Luxembourg, Netherlands and United Kingdom

Ramon Ferre, Spanair's vice president international sales said, "We are focused on growth especially in the European marketplace and wanted experience and well developed sales and marketing to support our new flights between Tel Aviv and Barcelona, Edinburgh and Madrid, Edinburgh and Barcelona, Venice and Barcelona, and starting July 26, Nice and Barcelona, and July 27, Naples and Barcelona. Spanair also needs to promote its code-share with Brussels Airlines from Brussels to Spanish destinations including Barcelona and Madrid. We found that solution and partner in Discover the World Marketing."

"Since Discover has been working with Spanair in the US, Canada, Japan and Switzerland markets, we have comprehensive knowledge about this carrier's product and services," said Jenny Adams, CEO of Discover the World Marketing. This has helped us to be involved with Spanair's continued growth. Given our long-standing relationship with Spanair, we are pleased they continue to acknowledge our ability to produce great results for them, especially for these new markets."

Spanair, a Star Alliance member, was established in 1986 and started with charter operations in 1988. It began passenger service in Feb. 1994 and today 87 percent of its business is scheduled versus charter and other operations. Recently, Spanair renamed the classes of service offered from Avant or business class to Premium class, and from economy to Traveler class.

Discover the World Marketing operates a unique and truly global network consisting of 84 offices in more than 60 countries. Regardless of size, Discover offers simple, manageable and effective solutions to fit any company's needs and budget.

For more information about Discover the World Marketing, visit discovertheworld.com or call +1(480) 707-5566 USA or +44 207 107 2300 UK (Portugal +351 917480350).


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# NEWS IN BRIEF

## Consumer confidence slides for 5th consecutive month

Portuguese consumer confidence declined for the fifth straight month in July, dipping to -42 from -40.1 in June, the National Institute of Statistics (INE) reported. The growth in pessimism, INE said, reflected consumers' lack of confidence in household finances, the country's economic situation and concern over employment.

The only consumer indicator that improved was in the capacity to save, showing a slight rise to -41 from the previous -41.7. INE also said business confidence in July shrunk narrowly from -2.1 to -2.7, while the index of economic outlook stabilised at 0.1.

## Bank profits up 4%

Portugal's four biggest private banks raked in a combined total of €792.1 million in profits during the first half of the year, a 4.1% increase over the year earlier period. According to figures provided by the banks Friday, Banco Espírito Santo (BES) led the pack with €282.2 million in profits, followed by Santander Totta with €247.2 million. Millennium BCP came third with €163.2, trailed by Banco BPI with €99.5. The combined average profit of the four main private banks during the six-month period came in at €198 million in contrast to the €190 million shown one year early.

## Montepio Geral to buy Finibanco

Montepio Geral, a Portuguese mutual banking company, will buy the Finibanco banking group, Lusa News Agency heard from sources close to the deal, who spoke under condition of anonymity. Earlier last Thursday, Portuguese market regulator CMVM had suspended trading in Finibanco stocks, until "the release of relevant information".

## Despite budget constraints, Portugal will keep aid to Timor

Budget cuts will not hamper Portugal's aid to East Timor, Portuguese State Secretary for Foreign Affairs João Gomes Cravinho said. "We're ready to continue our support to East Timor, to help the country develop its policies and to assist in maintaining a climate of peace and stability", Cravinho said in Dili, during a tribute to a Portuguese trooper who died in a June traffic accident in Timor.

Cravinho noted that Portugal currently has significant deployments in several parts of the world, including Timor, where the nation is "the second largest contributor to the UN's police forces [UNMIT], with around 200 men. This is an important national effort, considering the size of our country and the current budgetary constraints", Cravinho said, and is "testament to [Portugal's] firm commitment to closely cooperate with East Timor".

## Portugal's BES taking stake in bank Moza Banco

The acquisition of a 25.1% stake in Moza Banco by Portuguese bank BES will allow the Mozambican bank to launch an "aggressive five-year expansion plan", the CEO of major shareholder Moçambique Capitais said. Prakash Ratilal, a former governor of Mozambique's central bank, said BES had been chosen over other potential partners because it was a European bank of "the top level" with a broad international presence. The memorandum of understanding for BES' entry into Moza Banco was signed in Lisbon Tuesday with Ratilal's Moçambique Capitais and Geocapital, a Macao-based group with a 24.5% stake.

Details of the deal would likely only be made public in December on the expected conclusion of the process, Ratilal told a Maputo news conference.

## Actor António Feio dies aged 55

Portuguese actor António Feio, a popular theatre and TV personality, died last Friday of pancreatic cancer. He was 55. Portuguese President Cavaco Silva paid homage to "a talented and creative man who earned the respect of all" and expressed "great grief" for Feio's death "on behalf of the Portuguese people". In March, Cavaco Silva decorated Feio with the Order of Prince Henry for services to the nation's culture. Long time collaborator José Pedro Gomes told Lusa News Agency that Feio was "a great friend and a very brave man". Gomes and Feio worked together in a great number of theatrical productions and in a popular TV series.

# Portugal creates first 'anti-headache' wine

The first national DOP wine (of denominated protected origins) without the traditional addition of sulphates has been created in Vila Nova de Foz Côa and promises to mark the end of 'morning-after' headaches.

Filipe Madeira, commercial director of Casa Agrícola Roboredo Madeira (CARM), mentor of the new 'headache free' wine pictured in the company's vineyard. (Photo: Lusa / Daniel Gil)

Launched this week the wine is the brain-child of Filipe Madeira, commercial director of Casa Agrícola Roboredo Madeira (CARM), who explained to Lusa News Agency that it is the "allergic" reactions brought on by sulphates used in wines that cause the so-called 'morning-after headaches' suffered by many who drink wine in the evenings.

The new CARM DOP Douro is a 2009 wine made from 100 percent Touriga Nacional grapes, the variety of choice for the Vila Nova de Foz Côa-based company Almendra, to experiment with the new method.

After fine-tuning the flavour twice the wine was eventually approved by the Douro and Oporto Wine Institute (IVDP), which certifies new DOP wines from the Douro region.

Chief taster for the IVDP Bento Amaral said he did not know of any other wine launched "with these characteristics and approved as a DOP on a national level".

To conserve the wine without the addition of sulphates Filipe Madeira, mentor of the project, in collaboration with oenologist António Ribeiro, devised a "specific production method" entailing "special measures in a controlled, oxygen-free environment, throughout the entire process".

Filipe Madeira believes the 'headache-free wine' is a "credit to the Douro region" and that sulphur-free wines are "the future".

CARM was created in 1999 "to work with the family's heritage of properties spanning several centuries", according to founder Celso Madeira.

"We were possibly the first entity to invest in wines from the upper Douro region, with the first high-performance vines having been planted in 1965, when wines from Oporto and the Douro were fundamentally being produced from Pocinho down" he recalled.

The company is already planning the next line of wines without the addition of sulphurous products, which will be harvested in September.

# Festival-goers struck by widespread food poisoning

Visitors at the Paredes de Coura Festival spend the afternoon by the Coura river on the second day of the music festival on July 30th. (Photo: Lusa / José Coelho)

Nearly 30 people at the four-day-long Paredes de Coura music festival in Viana do Castelo were struck down by a bout of food poisoning believed to have originated from meat in sandwiches being sold by a mobile caravan selling food at the event.

Local health delegate Humberto Faria was quoted by Lusa News Agency as saying that the vending vehicle in question was "immediately" shut down.

According to the delegate, ten people were transferred from the location of the festival to the Paredes de Coura health centre where they spent the night under observation. All ten were discharged 24 hours later.

Around a further two dozen people were treated for the same illness at a makeshift hospital set up at the event by the Portuguese Red Cross.

All victims shared the same symptoms; vomiting, diarrhoea, colic and fever.

The Health Board has collected samples from the products being served by the accused mobile vendor for tests to be carried out, though initial suspicions fall on meat used in sandwiches.

The Parede de Coura Health Centre's 24-hour department (SAP) re-opened purposely for the event despite having been closed down at the end of March this year.

According to local Mayor, Pereira Júnior, the functioning of the health centre's 24-hour service was agreed in a protocol signed by the Northern Regional Health Board in 2007 as a condition for its closure.

The "safeguarding clause" is due to the "thousands of people" who every year flock to Paredes de Coura for the popular music festival.

In recent years Paredes de Coura has feature performers such as Coldplay, Foo Fighters, Motorhead and Lamb.

This year the line-up includes The Prodigy and The Dandy Warhols.

# Almost a third of Portuguese teens are overweight

Over 30 per cent of Portuguese teenagers and pre-teens are overweight, according to a survey released by the National School for Public Health (NSPH).

The survey examined 5,708 schoolchildren between the ages of 9 and 18 in all parts of the country during 2008 and 2009.

Results revealed that 22.6% were overweight, and 7.8% were obese.

"Research points to 30.4% of teenagers being overweight, and that's a very worrying figure, since a high rate of excess weight brings consequences, such as diabetes and heart diseases", NSPH's Isabel Loureiro said.

"Teen years are among the last opportunities to control weight, so that the adult individual won't be obese."

A previous study released this year showed that almost a third of Portuguese children between the ages of 2 and 5 were overweight.

"You have to be careful with the chubby baby notion", Loureiro added. "Children must be helped to have a good relationship with food, not one of emotional reward." *TPN/Lusa*


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# Verdict on Casa Pia child abuse trial postponed to September 3

**The judges in the Casa Pia child sexual abuse trial have decided to postpone a verdict from August 5 to September 3, court sources were reported as saying.**

The sources said the judges require further time to write their ruling. The Casa Pia case began trial in 2004 and has generated hundreds of thousands of pages in legal documents.

Casa Pia is a state-run institution for poor and orphaned children. Allegations of rampant sexual abuse of Casa Pia pupils surfaced in 2002, with several prominent Portuguese figures being linked to the investigation.

Among those under trial are Jorge Ritto, a former diplomat, and Carlos Cruz, a very popular TV talk show host.

Trial began in 2004. The ruling was first scheduled to be issued in October 2008, but was consecutively postponed. *TPN/Lusa*

# Man killed in firework factory explosion

A 60-year-old man who was seriously injured following an explosion in a firework factory in Amares last week died due to his injuries hours after being taken to hospital.

A source from the Hospital de São Marcos, Braga, said the man had been admitted in a "very serious" state with "uncountable" burns.

According to the INEM medical emergency team who were called in to attend the scene and transported the victim to hospital, he had suffered third degree burns to his entire body, with the exception of his lower limbs, and had sustained a serious abdominal wound.

The explosion in the firework factory occurred before 09h00 on July 30th.

Also attending the scene were the Amares Red Cross and Voluntary fire-brigade.

# Party hotspot Sasha Beach replaced by cooking school

Praia da Rocha's controversial Sasha Beach club, arguably one of the most famous summer haunts in the country, reopened last week as a gourmet cooking school after reportedly being repossessed by Portimão Town Hall from former owner, entrepreneur Luís Evaristo, after allegedly accumulating debts of nearly €850,000.

'BLU – Beach Lounge Unique' unveiled last week at the same location of the former Sasha Beach Club. (Photo: Carrie-Marie Bratley/The Portugal News)

In what has been described as an "absolutely pioneering partnership in this country", the gourmet cooking school was created by municipal company Portimão Urbis in collaboration with the city's Hotel and Tourism School.

Portimão Urbis general manager Lélio da Branca explained "the protagonists have changed, but the spirit of Sasha remains and has, in fact, improved as it will offer even more quality than what it had before".

Seven trainees and six graduates of Portimão's Hotel and Tourism School's Cookery and Pastry, Restaurant and Bar and F&B Management courses "will have the opportunity to learn within a real work environment, in a space that offers service and cuisine adequate to the most sophisticated tendencies", Mr. Branca added.

Light meals, lunches and dinners will be devised by the students and chefs, reinventing regional delicacies to give them a gourmet feel.

Evenings will be doused in French champagne in a 'Sunset Party' style that in recent years has become characteristic of Algarvean beaches.

"We wanted to add value to what was already on offer and, therefore, there is nothing better than challenging professionals from the sector to reinvent themselves".

The renowned 'Sasha Beach' name will be replaced with 'BLU – Beach Lounge Unique' though the venue, at least for this year, will once again host the 25-day long 'Sasha Summer Sessions'.

As has happened in recent years this month the beach venue will again host 25 consecutive nightly parties featuring electronic music, known as 'Sasha Summer Sessions', between August 5th and 28th.

After the four-year partnership between Portimão Urbis and Evaristo was terminated at the beginning of this year because of the huge debt, the municipal company decided it would like to continue with the restaurant theme, but not the parties. However, it was presented with "an almost irrefutable proposal from a group of business owners" that swayed its decision.

"Contrary to what was established during the years of the previous partnership, [this year's] Sasha Summer Sessions does not entail any investment from us as it is footed in full by the promoters", Lélio Branca justified.

BLU is expected to remain open until the end of September, though according to Lélio Branca, "the experience could be extended throughout the whole year".

## Famous Sardine Festival starts

**Starting this Friday (July 6) until August 15th Portimão's riverside will be completely taken over by one of its longest-standing traditions – it's annual Sardine Festival. For 10 nights those interested in sampling a regional speciality will be delighted by the freshest sardines, sweets and treats, and handicraft stalls.**

**Live entertainment will take place nightly, featuring some of Portugal's most popular performers, such as national rock group GNR.**

**On the 15th the event will culminate with a huge firework display. Doors open at 20h00. Tickets cost €3.50 per person; children until the age of 10 are free. For more information: www.cm-portimao.pt.**

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# Michael Bolton captivates at the Sheraton Pine Cliffs Summer Gala

Two-time Grammy Award winning musician Michael Bolton gave an intimate concert at the Sheraton Pine Cliff's annual Summer Gala on Sunday night, greeted with great excitement from many female fans in the audience who proved you are never too old to be star-struck.

Six hundred people turned out for the elegant affair, now one of the Algarve's longest-established and most refined summer events, which first took place in 1996. Tickets for the evening ranged between €200 and €600 per person, including a sit-down meal with a specially-created menu, drinks and a firework display.

The Grammy and American Music Award-winning singer-songwriter headlined this year's exclusive affair, following in the footsteps of other legendary artists such as George Benson, Dionne Warwick, Gloria Gaynor, Al Jarreau, Bryan Ferry, Roberta Flack, Lionel Richie and last year's star guest, Rick Astley.

**The Portugal News** was invited to the event, which kicked off with a Kir Royal or two, as perfectly groomed guests mingled while waiting to be shown to their exquisitely-laid tables.

Ladies looked impeccable as they showcased the latest fashions in evening dress, all looking as if they had just stepped straight out of a glossy fashion magazine.

For guests served from the exclusive Platinum Menu, the evening's menu started with stuffed salmon cannelloni with caviar, purple potatoes and chives on courgette Carpaccio and caviar cream.

Starters were followed by a pennyroyal and honey sorbet, and a main course of stuffed tenderloin with Foie Gras, crispy Morel Risotto, grilled asparagus and Cabernet Sauvignon jus.

Desserts featured passion fruit parfaît with tropical fruit brulée, rounded off by coffee and petit fours.

Somewhere between dessert and coffee lights dimmed and Michael Bolton took to the stage to launch his repertoire of soulful songs.

Best known for his soft rock ballads and tenor vocals, his dulcet tones were greeted with great enthusiasm and applause, repeated frequently throughout his performance which included renditions of Frank Sinatra classics, covers like 'Sitting on the Dock of the Bay' and 'Georgia on my Mind', and his own greatest hits such as 'When a man loves a woman' and 'Time, Love and Tenderness'.

He also sang an outstanding version of 'Nessun Dorma', made famous by the great, late tenor Luciano Pavarotti, with whom Michael Bolton has performed and to whom he paid special homage.

Half way through his set Michael emerged on a small platform located in the middle of the tables, much to the delight of many female fans who made good use of the decorative flower centerpieces by removing a white rose or two to give to their heartthrob. Despite being flanked by security one or two excited guests managed to get up-close to the superstar, no doubt making the evening even more special.

Prior to the event, Michael was obviously excited about visiting Portugal as he wrote on his website: "After the promotion in London, more shows!!! I head to Bucharest Romania, Portugal and Italy, Lake Guarda, near Milan. And back to Los Angeles to prepare for 4 months of touring the states and Europe. I'm psyched!!!!! There are some really exciting events coming up soon so stay tuned!!!"

Following his set he was highly complementary of the welcome extended by the Sheraton, saying that during his stay he had received nothing but the "five star treatment".

The night was wrapped up with an amazing firework display that quite literally exploded above guests' heads, filling the night sky with blasts of bright colour and noise.

It was widely agreed that the overall event was another successful notch to the Sheraton Pine Cliff's belt, leaving the lingering question "who will it be next year?"

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# Let's Attack Iran

When Admiral Mike Mullen, Chairman of the Joint Chiefs of Staff and the highest-ranking American officer, was asked recently on NBC's Meet The Press show whether the United States has a military plan for an attack on Iran, he replied simply: "We do."

US Admiral Mike Mullen, Chairman of Joint Chiefs of Staff, during a news conference in Kabul, Afghanistan. The top US military official said that the US has an attack plan prepared against Iran, but both the prospect of an attack as well as a nuclear-armed Iran were very worrisome. Photo: (EPA/S. Sabawoon)

General staffs are supposed to plan for even the most unlikely future contingencies. Right down to the 1930s, for example, the United States maintained and annually updated plans for the invasion of Canada – and the Canadian military made plans to preempt the invasion. But what the planning process will have revealed, in this case, is that there is no way for the United States to win a non-nuclear war with Iran.

The US could "win" by dropping hundreds of nuclear weapons on Iran's military bases, nuclear facilities and industrial centres (i.e. cities) and killing five to ten million people, but short of that, nothing works. On this we have the word of Richard Clarke, counter-terrorism adviser in the White House under three administrations.

In the early 1990s, Clarke revealed in an interview with the New York Times four years ago, the Clinton administration had seriously considered a bombing campaign against Iran, but the military professionals told them not to do it.

"After a long debate, the highest levels of the military could not forecast a way in which things would end favourably for the United States," he said. The Pentagon's planners have wargamed an attack on Iran several times in the past fifteen years, and they just can't make it come out as a US victory.

It's not the fear of Iranian nuclear weapons that makes the US Joint Chiefs of Staff so reluctant to get involved in a war with Iran. Those weapons don't exist, and the whole justification for the war would be to make sure that they never do.

The problem is that there's nothing the US can do to Iran, short of nuking the place, that would really force Tehran to kneel and beg for mercy. It can bomb Iran's nuclear sites and military installations to its heart's content, but everything it destroys can be rebuilt in a few years. And there is no way that the United States could actually invade Iran.

There are some 80 million people in Iran, and although many of them don't like the present regime they are almost all fervent patriots who would resist a foreign invasion. Iran is a mountainous country, and very big: four times the size of Iraq. The Iranian army currently numbers about 450,000 men, slightly smaller than the US Army – but unlike the US Army, it does not have its troops scattered across literally dozens of countries.

If the White House were to propose anything larger than minor military incursions along Iran's south coast, senior American generals would resign in protest. Without the option of a land war, the only lever the United States would have on Iranian policy is the threat of yet more bombs – but if they aren't nuclear, then they aren't very persuasive. Whereas Iran would have lots of options for bringing pressure on the United States.

Just stopping Iran's own oil exports would drive the oil price sky-high in a tight market: Iran accounts for around 7 percent of internationally traded oil. But it could also block another 40 percent of global oil exports just by sinking tankers coming from Iraq, Saudi Arabia and the other Arab Gulf states with its lethal Noor anti-ship missiles.

The Noor anti-ship missile is a locally built version of the Chinese YJ-82. It has a 200-km. (140-mile) range, enough to cover all the major choke points in the Gulf. It flies at twice the speed of sound just metres above the sea's surface, and it has a tiny radar profile. Its single-shot kill probability has been put as high as 98 percent.

Iran's mountainous coastline extends along the whole northern side of the Gulf, and these missiles have easily concealed mobile launchers. They would sink tankers with ease, and in a few days insurance rates for tankers planning to enter the Gulf would become prohibitive, effectively shutting down the region's oil exports completely.

Meanwhile Iran would start supplying modern surface-to-air missiles to the Taliban in Afghanistan, and that would soon shut down the US military effort there. (It was the arrival of US-supplied Stinger missiles in Afghanistan in the late 1980s that drove Russian helicopters from the sky and ultimately doomed the whole Soviet intervention there.)

Iranian ballistic missiles would strike US bases on the southern (Arab) side of the Gulf, and Iran's Hizbollah allies in Beirut would start dropping missiles on Israel. The United States would have no options for escalation other than the nuclear one, and pressure on it to stop the war would mount by the day as the world's industries and transport ground to a halt.

The end would be an embarrassing retreat by the United States, and the definitive establishment of Iran as the dominant power of the Gulf region. That was the outcome of every war-game the Pentagon played, and Mike Mullen knows it. So there is a plan for an attack on Iran, but he would probably rather resign than put it into action. It is all bluff. It always was.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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# Two submarines join Portuguese naval fleet

Dozens of people gathered on the Tagus riverside on Monday to watch the arrival of the first of two submarines the Portuguese Navy recently bought from Germany.

The 'Tridente' submarine was greeted with a small ceremony in Alfeite at around 11am on Monday morning. The vessel passed under the April 25th bridge at 10am and headed towards the Navy's headquarters, near Terreiro do Paço, followed by a display of some manoeuvres towards the south end of the river.

The 'Tridente' submarine arrived to Lisbon accompanied by two tugboats and several other vessels, as well as a Lynx helicopter of the Portuguese Navy.

With a capacity for 33 men, the 'Tridente' is 68 metres long and has a range of 12,000 miles. It is equipped with a modern system of weapons, such as long range earth-to-earth and sea-to-earth missiles, long range torpedoes, mines and light armour for protection whilst at surface.

The official reception ceremony for both submarines will take place at Alfeite Naval Base on September 8th, where the submarine will receive its national flag and the new infrastructures for the submarines will be presented.

The Portuguese Navy's new multi-million euro submarine seen here earlier this week arriving in Lisbon. (Photo: Lusa/Portuguese Navy)

# New traffic plans delayed for downtown Lisbon

Lisbon Town Hall has delayed its plans to redirect traffic circulation in the downtown area until mid-September, the Council has said.

Initially, the Town Hall had planned to change traffic circulation in August, due to the significant reduction of traffic during this month, making it an easier changeover for both residents and the council.

However, the measures have now been delayed after local shop owners, parishes, associations and residents insisted the council handed out informative leaflets with the new traffic changes beforehand and also carried out a massive clean up of the unnecessary road signs.

Nunes da Silva welcomed these suggestions, but they "pose as a problem: if it was a good idea to do it in August because there is little traffic, it is also the month when there are the fewest amount of council workers", due to holidays, said the councillor for Mobility.

He hopes that by the end of August all is ready for the changeover, including the leaflets, so the new traffic scheme is up and running before schools reopen in mid-September, as traffic increases by 15 to 20 percent at this time.

The aim of the project is to separate traffic going through Downtown and traffic travelling between the Sé and Chiado hills. Those who want to travel across the hills will use the Conceição street, whilst those who want to go to the riverfront and other nearby areas will travel along a one-way ring road system.

# New underground rubbish containers for Cascais

A further 465 underground rubbish containers are going to be installed in Cascais council, representing a €2.5 million investment, the Cascais Environmental Municipal Company (EMAC) revealed.

The installation of these new 'ecological islands' in Cascais, to be installed by EMAC, are expected to begin in September and increase the council's capacity of collecting recyclable materials by 274% and general waste by 40%.

A total of 107 ecological islands are to be installed, with containers for cardboard, plastic and glass, as well as a further 144 general waste containers.

"After being installed, the new underground containers will allow the removal of 350 street rubbish bins and around 240 eco-points, which in turn will allow better circulation for pedestrians in the currently occupied sidewalks" said EMAC in a statement released.

The Chairman of EMAC, Rui Libório, said this project "allows EMAC to fulfil European guidelines in order to become a recycling society", as well as "improve the quality of life for its [Cascais] citizens."

With Lisbon's Regional Operational Programme (POR Lisboa) supporting the project with €675,000, EMAC are expected to invest over €2.5 million for the modernisation of Cascais' waste management system.

# Child's body found in Oeiras Resort Lake

The body of a nine-year-old child who went missing from a group of friends was found in a lake on the Cabanas de Golfe resort, Barcarena, Oeiras, according to a source from the Lisbon District Search and Rescue Centre (CDOS).

The same source said that the body was found by divers from the Paço de Arcos fire brigade, at around 21:00. The exact cause of death has not been determined.

A police source told Lusa News Agency that the girl had been at the lake with "a group of children and who, on their way back, realised their friend was missing".

The alarm was raised when two friends, who went back to look for the missing girl, "only found her flip flops floating on the water".

# Downtown Cascais shops open until midnight

**As of Sunday shops in Cascais' downtown area extended their opening hours and will now remain open until midnight, according to the Cascais Business Association AECC.**

**The extended opening hours aim to bring shopping "closer" to the public as well as adding extra dynamics to local commerce, but will only be carried out by shops interested in working longer hours.**

**"The shops that adhere will be identified with a placard stating such, where the timetable practised by the establishment will also be posted", a statement from the AECC read.**

**Dubbed 'In August shop till you drop', the initiative also had the backing of Cascais Town Hall, the entity that regulates shop timetables, which according to the AECC was "immediately receptive of the idea".**

**Therefore, shops interested in doing so can, as of last weekend and until September 15th, extend their opening hours until midnight, including on Sundays and bank holidays.**

**"It will be a way of contributing to boosting local commerce", said the AECC, who added that the success of the initiative would depend on how many business owners adhered to the movement and therefore appealed for "all to participate and contribute to helping local commerce grow".**

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# Luxury Carvoeiro resort celebrates

Northern band Lulla Bye performing last Saturday evening at the Monte Santo resort in Carvoeiro.

Monte Santo, the first 5 Star all-Suite Resort located in Carvoeiro, Lagoa, celebrated its second anniversary with a Dinner Concert Event featuring the Portuguese band Lulla Bye.

The event was held on July 31st, and included a dinner buffet, a lot of fun, friends and a live concert in a relaxed atmosphere by the resort's central pool area.

Lulla Bye are currently one of the bands with the most media exposure in Portugal. With five singles from the second album "One Way", the band from Oporto, led by Miguel Bello is already one of the top national references of Portuguese Pop-Rock. "Gone (and we dance)", "Dee Day" and the record winning from airplay "The bigger plan", are musical themes that do not go unnoticed in the ears of good music fans.

The Club House restaurant with its "al fresco" terrace and a privileged view of the main pool, was the centre piece of the Dinner Concert.

"It was a lively evening event where we showed gratitude for the patronage and support of our most loyal guests over the past two years of activity of Monte Santo. This success only has been possible with our guests and the dedication and great commitment from all our staff members. Since we opened our doors on August 1st, 2008, they have been seeking - day after day - , to surpass the highest expectations of our guests who have chosen Monte Santo, as their ultimate holiday destination in Carvoeiro." says Marc Sontag, Director of Residential Tourism of IMOCOM Hotels and Resorts.

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# Man detained in Quarteira with large stash of drugs and cash

GNR officers from Quarteira, Loulé, detained a man last week on suspicion of drug trafficking and found him to be in possession of 770 doses of cocaine, €16,500 and a .36 calibre revolver.

The 40-year-old was arrested on suspicion of drug trafficking which subsequently led to a police search on his home.

Within the property GNR police found 770 doses of cocaine, €16,500 in cash, and a gun. The suspect was detained last Thursday afternoon.

A police statement read "Following a search carried out on the suspect's residence 770 doses of cocaine, €16,500 in cash, a .36 calibre revolver, scales, grinding and cutting equipment, three computers, an LCD screen, bicycles and two photographic cameras were seized".

All of the seized material will be used in court as evidence against the suspect. A first hearing was held this week in the Loulé Tribunal Judicial da Comarca courthouse.

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Linen Warehouse lucky draw winner of € 50.00 voucher is in Cunningham 285

# Photo exhibition of the rare Iberian lynx opens in Silves

This week a photo exhibition of the endangered Iberian lynx opened in Silves, the result of a Luso-Spanish project in which Spanish photographer Andoni Canela captured pictures of the cats – the most endangered felines in the world – in their natural habitat.

In the exhibition 'Land of Lynxes' Canela captures the animals in rare and spontaneous displays of behaviour.

While some of the images will be shown on the exterior castle walls on large photographic canvases; the remaining pictures will be displayed within the castles three towers.

It is believed that in 2009 the lynx population did not exceed 225 animals, almost all of which were found in Spain.

Despite there being sporadic sightings of the Iberian lynx in Portugal its population has been in decline since the 80s, when there were around 1,200 cats. By 2005 that figure had fallen dramatically to around just 200 cats, triggering conservational action to boost the dwindling population and placing the Iberian Lynx on the 'World's Most Endangered Species' list.

The main reasons highlighted for the demise of the Iberian Lynx are the diminishing hare population, one of the lynxes' favourite foods, as well as the loss of habitat.

Photos by Andoni Canela

A national reproduction centre was inaugurated in Herdade das Santinhas, Silves, last summer, as part of the attempt to revive the species.

Sixteen cats arrived from different parts of Iberia to live at the centre. Earlier this year as a result of the successful reproduction programme, two cubs were born but both died days after their birth.

The exhibition will run until September 19th, open every day between 09h00 and 18h30.

# Take your company to the heart of the Algarve's most exclusive area

The Golden Triangle Exhibition is designed to meet the needs of the most discerning, demanding and wealthy spenders.

Set in the luxurious surroundings of the Vila Sol Hotel Ballroom, everything is designed to create the perfect business atmosphere, right down to a special VIP Entrance and Lounge, Waiter Service to every stand and all the facilities a five-star hotel has to offer.

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Vila Sol Hotel Ballroom

Saturday October 2nd & Sunday October 3rd

Call (+351) 282 380 317

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www.algarvefair.com

The Golden Triangle Exhibition is organised and sponsored by News (organisers of The International Algarve Fair)

# IFRM Portugal Lda, covering all your property needs

Caroline Roseblade

Are you struggling to rent your property? Do you need someone to look after it in your absence? Or maybe you would like to freshen up the interior?

Whatever your property needs IFRM has the solution. A dedicated team that offers a professional and personalised service.

Brand new to Central and Western Algarve, IFRM Portugal branched out from the highly successful Spanish-based mother company IFRM, following a huge demand for holiday rental properties in the Algarve.

Founded by Caroline Roseblade, Shona Adamson and Ken Ewen, IFRM Portugal is based on the same values and high standard of customer service as IFRM Spain. The company manage and look after your property, rentals, interior design and furnishings. Regarding rentals, IFRM is one of the only companies to offer a full money back guarantee if the rentals programme does not achieve more rental income than the cost of joining the programme if they do not (from €650 + IVA per year). For clients' peace of mind, security deposits are taken on arrival from all bookings and only refunded once the property has been thoroughly inspected at departure.

IFRM attracts interest and bookings from all over the world. A partnership with an on-line booking service with over 20,000 travel outlets, ensures that all properties are available to a wide viewing audience.

Describing IFRM's first season in the Algarve as "successful and rewarding", managing partner, Caroline Roseblade, is extremely passionate about her role in the company. She is at the forefront of customer service and is contactable by phone and email whenever needed. With a career background rooted in property and customer service, she recognises the importance of providing a personalised service. "When you join IFRM Portugal your property is in capable and caring hands". IFRM will also assist in property-related bureaucracy, such a rental licensing, as well as providing 'Meet & Greets' or welcome packs for their clients when requested. A linen pool service is made available to all owner clients so all towels and bedding are provided for each booking thus saving owners having to refresh and replace at the end of each season. Their consistent high standards have meant an excellent regular income for their clients. All enquiries and bookings are dealt with via IFRM's Spanish head office where an experienced, multi-lingual team provide a friendly and professional introduction to the booking procedure, guiding new customers and welcoming back the old.

IFRM Portugal's management service is happy to provide a fully-dedicated, all-encompassing option or work alongside your existing management companies or owners who prefer to handle the management themselves to maximise profits; IFRM cater for as much or as little management as needed. The interior design and furnishing service also boasts a fully furnished showhome in Cabanas near Tavira and will visit each property to survey for each individual furniture package. Styling and furniture can be provided for all purposes and budgets and the high quality of the products means that furniture will last and look good long after completion and the first season if it is a rental property. IFRM take away all the headaches ensuring your property works for you and affording you the opportunity to have those little luxuries in life.

# Sovereign Tax Solutions

SOVEREIGN

You may already know that as a non-resident with a property or even just a bank account here you must appoint a Fiscal Representative.

Whilst you may not be too pleased with paying for such a service, it is very important that this function is carried out by a well equipped, professionally qualified operator.

Due to the ever increasing complexities and demands of the Tax Department you should always select a professional firm rather than an individual to avoid potentially costly mistakes.

The Fiscal Representative is the first point of contact for all fiscal matters and is jointly responsible with the client for any tax calculations relating to the property or individual taxes. This is largely an accounting function rather than a legal one and you will generally find that your lawyer prefers not to take on such a task.

Sovereign - Consultoria Lda in Lagoa, with its complement of bi-lingual administrative and accounting staff, keeps up to speed with the ever-changing fiscal demands placed on property owners and is able to ensure that its clients' fiscal obligations are met.

Regular and close liaison with the local Tax Department and our reputation for prompt, quality service has enabled the company to establish good relationships with lawyers and agents all over Portugal, who trust Sovereign to handle its clients' fiscal matters. With Sovereign you can be assured of confidentiality and competitive fees.

Sovereign can also assist with rental income declarations for non-residents, income tax declarations for residents and capital gains tax declarations.

As part of the world-wide Sovereign Group, we can also advise on international tax matters.

# Have a **HOG** roasting summer!

Do you have a special occasion coming up that you would like to celebrate with something a little different? Throw a tasteful party that is includes a bit of a show piece? Then a hog roast banquet is the answer.

Food Passion is a catering company with a difference, specialising in outdoor events and hog roasts, as well as BBQ buffets and haute cuisine for a formal sit-down affair.

Food Passion's services are ideal for alfresco celebrations such as birthday parties and anniversaries, weddings or engagements and corporate events. As well as a set menu to accompany hog roasts or BBQ´s, bespoke menus can also be created to suit the event and guests' individual tastes - special dietary requirements can be catered for. Roasts and BBQs are accompanied by a range of unique salads exclusive to Food Passion.

'Best of British' desserts and a variety of canapés as well as an Á la Carte menu are available on request. All food is freshly prepared and home-made by our experienced chefs.

Food Passion have their own specially-equipped mobile kitchen. This means the company does not need to use clients' kitchen and are able to set up with limited disruption to the other party arrangements.

"We provide a discreet service and an amazing meal" says Food Passion owner Karina. Co-owner and chef Andy is "proud to be part of a business that brings a quality product to a range of people".

Dining equipment, such as tables and chairs, as well as decorative finishings for tables, crockery and cutlery can be supplied to add that special touch. This means the company will cater for any event at any size venue.

Their speciality hog roasts have been described as "the best ever"; Food Passion slowly cooks the pig for between eight and nine hours to ensure the meat is succulent and tender.

"We've never had a dry hog or any complaints.".

Now in its second year, the company is enjoying growing success, covering the whole Algarve and is proving to be particularly popular within Quinta do Lago and Vale do Lobo where bookings are already secured for 2011 & 2012.

"Nowhere is too far and nothing is too much trouble", says Karina, "and people will be pleasantly surprised at how affordable it is. Our aim is to provide high quality service and goods at reasonable rates".

# GoodMorningAlgarve.com: helping businesses bring in more customers

Now in its third year in the Algarve, GoodMorning Algarve's website is becoming the popular choice for businesses looking to advertise on the Internet. In the current difficult economic climate, businesses, such as restaurants and bars, are looking for evermore economic but effective ways to attract customers, therefore looking at the Internet as a powerful advertising means.

Over 90% of Algarve businesses advertising on GoodMorningAlgarve.com are being found, within weeks of advertising, on the front page of Google, recognised as being the largest and most popular search engine in the world.

GoodMorningAlgarve.com is an Algarvean company run by local people who know the area and their customers well. Not having the normal restrictions of space and costs to work within, they are able to spend time and work more closely with their clients to produce a powerful and informative advertisement of what the client has to offer.

Producing attractive and informative advertisements is only part of GoodMorningAlgarve's commitment to its clients. With millions of pages already found on the Internet it is essential that their client's advertisements appear prominently in searches on the Internet. Part of what GoodMorningAlgarve offers clients is the service of specialists who work behind the scene to ensure that the client's name appears at the forefront of any search. It is a well known fact that users of the Internet rarely look further than the first couple of pages of search results, therefore GoodMorningAlgarve is proud to boast that already over nine out of ten restaurants and bars advertising on GoodMorningAlgarve are found on the first page of Google.

Offering a complete package has made GoodMorningAlgarve.com a leading website in the Algarve. For a fraction of the cost of catalogue or radio advertising, GoodMorning Algarve staff will take the necessary pictures, discuss the text to be used with the client, help decide which part of the client's own text (such as menus and prices) is to be included and prepare the layout. All of this, including future updates and linking to any client's existing website, will cost no more than €100 a year.

## This Week's profiles:

### IFRM Portugal

For more information, contact Caroline at IFRM Portugal Lda on: (+351) 916 087 923, email: caroline@ifrm.co.uk, or see website: www.ifrm.co.uk. Or for the Eastern Algarve contact Ken on: (+34) 610 566 069. email: ken@ifrm.co.uk.

### Food Passion Hog Roasts

For more information or a quote, contact Food Passion on: 912 159 813.

### Sovereign

Visit the Sovereign office in Lagoa (Parque Empresarial Algarve, Bloco 8, 21, 8400-431) or for further information contact: tel: (+351) 282 340480, fax: (+351) 282 342259, e-mail: port@Sovereign Group.com, or see website: www.Sovereign Group.com/Portugal

### Good Morning Algarve

For further information on advertising with GoodMorningAlgarve.com either call Richard Denny on 934880930 or e-mail admin@goodmorning algarve.com.

**If you would like YOUR business's profile to feature on 'Trading Places', call our Sales Manager on telephone: 707 500 677.**

## Algarve Senior Bikers Group

Sixteen group members of the Algarve Senior Bikers Group (see photo above) enjoyed lunch at the Quinta de Cavaco restaraunt in Salir on Friday 30th July after a very warm ride from Porches with a much needed break for liquid refreshment in Alte.

**Next Meetings**

Wednesday the 11 August - a morning ride to Monchique and Foia via Alferce with views of the new Odalouca Barragem, starting from and returning to the Bacchus Bar at Porches Pottery for lunch. Meet at 10am to start ride at 10.30am. Lunch 1pm.

A meeting in the Eastern Algarve is being arranged for Saturday 4th September for a ride through mountains, finishing with lunch in Tavira.

Details from David Shirley, Phone 282444061 or 918421613, email address davethemoto@gmail.com.

## Sunderland AFC: delighted to return to the Amendoeira Sports Club for pre-season training

Oceânico Group was delighted to welcome back Sunderland AFC to the Amendoeira Sports Club for its second warm weather training camp at the Amendoeira Golf Resort. The team, coaches and management all stayed on the resort in its luxury accommodation for this nine day camp which included two training sessions on non-match days on the full size natural grass football pitch.

After a successful training camp in 2009, it is no surprise that Sunderland manager Steve Bruce chose the Amendoeira Sports Club once again for his team's training. "This year's training camp is even better than 2009 as the new Sports Club building is available with great facilities. The staff look after you, the food is excellent and it is just a fantastic facility – it can't get any better!" he said at one of the training sessions.

During their nine day stay the team played three matches at the Albufeira Municipal Stadium located just a 30 minute drive from the resort. With the emphasis on improving fitness during the camp, Steve Bruce was pleased with the 1-1 draw against Brighton & Hove Albion on Wednesday 21th July, with the late equalizer being scored by Frazier Campbell. On Saturday 24th July, Sunderland played Hull City with a 4-2 win, all goals scored by Frazier Campbell who attributed much of the success to his team mates who helped set up the goals. On Tuesday 27th July, Sunderland played Portuguese League champions Benfica at a sell-out match, shown live in Portugal on Sport TV, and even with a 0-2 defeat, Steve Bruce was happy with the team's work out against a really top team.

The Amendoeira Sports Club provided a private facility for Sunderland to enjoy breakfast and lunch each day as well as off-pitch training which consisted of gymnasium work outs, and free weights sessions in the pitch-side marquee. Each of their meals were specifically catered for following the team's stringent dietary requirements, including their evening meal which was enjoyed in the stunning Clubhouse overlooking the two championship golf courses: the Oceânico Faldo Course and Oceânico O'Connor Jnr. course.

In addition to the full size football pitch and the fully equipped gymnasium, the players took advantage of the six Savannah tennis courts, and played golf on the floodlit, 9 hole, par 3 Oceânico Academy course, adjacent to the sports club. Amendoeira Sports Club also offers two five-a-side Astroturf pitches, beach volleyball/football and two lawn bowling greens (one crown green and one flat green).

For more information, please contact Michelle Collins or Nikki Dale at the Oceânico Group on: 00351 282 767 546 email: michelle.collins@oceanicogroup.com / nikki.dale@oceanicogroup.com

Sunderland's Jones, Bramble, Bardsley, Henderson and Cattermole

David Jackson, Karena Rankin, Ron Goddard, Ewan Rankin

## Royal British Club Golf Society - Rankin Brothers And Sons Trophy

Forty members and guests assembled at Estoril Golf Course on 28 July to compete for the Rankin Brothers Trophy and the final part of the Society´s Silver Jubilee Plate. With some respite from the previous day´s 40º temperatures the players set off at 07h30 for a round of challenging golf which brought some surprises.

The Rankin family has been a loyal sponsor of the RBCGS for over a decade and for once Ewan Rankin did not manage to win his own trophy. This year that honour went to our captain Ron Goddard who just beat David Jackson by one point. In third place with 33 points was Ewan himself, and Sally Buxton, Graham Dewar and Chris Goulding were fourth, fifth and sixth respectively. The Newstead Cup was won by George Everett, with Ewan Rankin and Miranda Thomas receiving a bottle of Taylor´s port for their accuracy in the nearest to the pin competition. The Cow Bell, a popular prize which merits a free lesson from Gordon Young who was also present at the lunch, was won by Pat Potier, completing her first complete round of golf in two years! Joining us for lunch was Jimmy Duff who at a stout 88 years young walked the course with a spring in his step and took home the men´s guest prize. The best lady guest was Karin Dekker. The winner of the Society´s Silver Jubilee Plate for 2010 was Chris Goulding who amassed an impressive 69 points over the two days. Carol Mason won the draw for the mini Cow Bell and presented her prize, a bottle of Aguardente Velha, to her husband Peter.

In his closing remarks the Captain, Ron Goddard thanked the sponsors, and announced that next year he will be succeeded by Bill Buxton. Finally Ewan thanked the staff of Estoril golf Club for a delicious lunch served in immaculate style on the terrace overlooking the course and the Atlantic. A memorable day, brought to a close with a glass of two of malt whisky and many salty golf stories. The society´s next tournament is the Hotel Baia Trophy to be held on 1 September.

## Bike Rides

**Wednesday 4th August 2010**
Bike Ride starting at Chillimans on the Almancil to Quarteira road. Meet at Chillimans at 6.20 pm for a 6.30 start . This will be a fairly challenging ride of around 25 km on a mixture of dirt tracks and tarmac. There will be a drinks and snacks afterwards at Chillimans.

**Saturday 7th August 2010**
Bike Ride starting at Barclays bank in Benfarras. We meet here at 09.45 for a 10.00 start. Park in the large car park area just off the EN125 west of the main entrance to Vilamoura. This will be a fairly challenging ride of around 35 km over hills and a mixture of dirt track roads and tarmac. There will be a cafe stop somewhere along the way .

**Sunday 8th August 2010**
Bike Ride starting in Fuseta . Park on Av .Marginal, by the riverside in Fuseta. We meet here at 09.45 for 10.00 start . This will be a gentle paced and mostly flat ride on a mixture of dirt tracks and tarmac surfaces. There will be a cafe stop somewhere along the way .

**Wednesday 11th August 2010**
Bike Ride starting at the Fat Frog in Almancil. We meet here at 6.20 pm for a 6.30 start . This will be a fairly challenging ride of around 30 km on a mixture of dirt tracks and tarmac syurfaces. There will be drinks and snacks afterwards in the Fat frog .

For more details of any of the above rides, call Paul Beesley on 913226954 or e.mail paul.beesley@sapo.pt or join "Algarve Bike Rides" on Facebook.

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# Apartis take children for Aqua Show treat

Wanda Crawford recently went to the Aqua Show with an institution in Faro called Apartis.

They work with children with Down's Syndrome & Autism. She said it was so lovely to be with the children because, they have such an appreciation for the simple treasures in life like swimming, dancing, singing & laughter.

ACCA provided the funds for the Summer Camp Programme, which allowed the kids to go to the beach, Zoo Marine, Aqua Show, museums and many other events.

These children require quite a lot of staff on an outing, i.e. one on one care so there is one chaperon per child.

If you anyone is interested in supporting ACCA please call Wanda Crawford at 919617995 or email wandacrawfordspa@yahoo.com.

# Mistresses of art

Opening during the weekend of August 14th and 15th the Women's Collective Exhibition of Contemporary Art takes place at Galeria Corte-Real in Paderne.

Bringing together the work of 20 international and local artists it is a celebration of women's achievements in a field once dominated entirely by men.

For centuries women struggled to gain recognition but it was not until the feminist revolution of the 1970's that their art began to be taken seriously. Even now an art lesson taught by an expert – male or female – is referred to as a 'Masterclass'.

Redressing the balance of prejudice, Corte-Real's new exhibition depicts the world as seen exclusively through women's eyes. When viewed as a whole the variety of subject matter provides insight into the diversity of women's interests. Looked at individually every painting has been selected on merit, reflecting the best of each artist's work.

List of artists whose work is to be featured : Ali Cavanagh, Alma van Wildemburg, Alphonsine Charpontier, Antonia Williams, Colleen Hammond, Elsa Zorkow, Florence Clayette, Gill Campbell, Isabell Zutter, Jan Johnson, Jane Skingley, Svetlana Kurmaz, Jeanine LeClair, Meinke Flesseman, Jessica Dunn, Monique Delapaire, Paula Will, Rebecca Scott, Sally Stafford, Sarah Duncan and Suzanne Roles.

During the opening weekend there will be a small entry charge of 2 euros to be donated to the women's charity, 'Mama-Maratona.' Also available is a selection of women's books provided by Griffin Bookshop, wine tasting, and smoked salmon on soda bread.

Open from 11am until 5pm / 4days per week - Thursday to Sunday

Refreshments are available

The gallery is sign posted from Paderne, Boliqueime and Ferreiras

Telephone 918 980 199 & 912 737 762.

# Two artists, one show

## Jean Brown: Touchable art

Jean studied at St. Johns Wood School of Art, Sir John Cass School of Fine Art Whitechapel and St. Martins School of Art London. She specialized in sculpture with particular interest in bronze, but also studied drawing and anatomy and continued with a course in ceramic shell casting, a process which enabled her to develop her own foundry and cast her own work. The bronzes are mainly figurative with a strong accent on movement and an insight into mood and body language. The influence of the rural Algarve, the local people, their habitual mannerisms and everyday activities have been a strong source of inspiration. Jean exhibited at ARTE ALGARVE 2010 and was especially successful in selling her work.

## Loving Lobster: Vera Christians

Vera studied art history and literature in Munich. After moving to Portugal in 1985 she started painting, and after taking various courses at German art academies, she had her first exhibitions in the Algarve. She also took part at the third edition of the International Art Fair ARTE ALGARVE in June 2010 and was one of the bestsellers, as her lobsters find so many admirers. She paints them big and small, and whatever the size may be, the strength and energy they beam off is just wonderful.

Vernissage with live music: August 14th, 9pm at Galeria Santo António, in Monchique (opposite the post office). All readers are invited. The exhibition is on till September 9th, open Tue-Frand Sun 12-16, Tel. 282913130 or Tlm.925004051.

Ladies Talking, bronze by Jean Brown (detail)

Lobster by Vera Christians

**Worship Service**

Hotel Delfim, Alvor in the Sunset Room (behind reception)

Sunday, 8th August - 9.30am

Everyone welcome.

For more information call:282 461985 or 917358098

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# New mini bus needed for Pirilampos

The Amigos das Crianças is making an appeal for funds to help the Sta Casa da Misericórdia de Albufeira purchase a new mini bus.

Dra Vera at Pirilampos transports the children in the mini bus to and from the beach, for vaccinations, doctor and dentist appointments, to the cinema and McDonalds, and to school when the large bus is unavailable, or if a child is taken ill at school and needs to be picked up.

Their present bus no longer conforms to the new regulations (central locking, air conditioning, locked windows) and is also becoming more expensive to run due to its age. The charity has just incurred a large fine for transporting the children in this bus.

It has been decided to purchase a new 9 seater Renault Trafic costing 34,800 Euros. The Amigos have already collected over 4,000 Euros, and the charity is hoping to make a down-payment on the bus next month.

If anyone can spare a few euros towards helping the Pirilampos with their transport problems it would be greatly appreciated. Please contact Peta Birch if you need further details. Tel 289 541 983, birch@mail.telepac.pt

# AFPOP plans dinner/dance to support Nandi animal charity

AFPOP presents a Dinner Dance - "4Ds for NanDi", 10 September from 7 pm at Palmeiras Restaurant, Espiche Campismo, in support of the Nandi Animal Charity. Tickets are 20€ and include dinner, a self-serve buffet, as much as you like, drinks, wine, beer and soft drinks, dancing to live music and a donation to Nandi. There is a raffle, too. Tickets are on sale at Nandi's shops in Lagos and through Pat Allen (282-697-548 or patallen@sapo.pt). Join in for this fun night for a good cause!

Thinking of getting married in the Algarve?

Why not take advantage of the low season - airfares are a real bargain and hotels are offering superb rates. In one day we can help you choose suppliers and view possible venues that will meet your requirements. Our preview day service is unique, personal and very cost effective.

Call +351 934 809 144

algarveblessings.com

*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com*

## Ref. Faro Hospital

SIR, It is very sad if true, that the reason there are a large number of elderly patients abandoned to the corridors of the *urgência* dept, is because their relatives cannot afford or will not pay for them to be looked after elsewhere.

It is so very sad to think of all these people spending their last days in such a fashion.

Surely it would be possible for the hospital to have a geriatric ward, so at least these patients can spend their last days with a small degree of dignity, and at least have the more relative comfort of a proper bed, and the appearance of some compassion for their plight.

If the hospital cannot provide this on the grounds of caring and compassion, then possibly they should look to the financial logistics.

It would seem that a very large proportion of the elderly patients on trolleys in the *urgência* are not in need of urgent treatment as such, but very much in need of a little care and attention. By providing a proper ward for the patients to receive the care they need, they will at a stroke free up the urgência staff to do the work they are supposed to be doing, i.e. providing medical attention for accidents and emergencies. I'm sure that from an administrative point of view, this would be much more cost effective.

I am sure that the administration give little thought, and care even less at the eternal time most people have to wait for treatment, and the even longer time it takes for the treatments to take place. However, being able to provide a quicker and more efficient service, must surely also be more cost effective.

It is also true that to gain access to the other departments for treatment, in most cases you have first to 'go through' via the *urgência* dept, a very long drawn out procedure, that again ties up the *urgência* staff quite unnecessarily.

As H. Parkin so rightly says, the thought of ending up in that situation could give you sleepless nights. For anyone lucky enough not to have been through the Faro *urgência*, then maybe you think we exaggerate, but anyone at all who has been through this system knows if anything it is worse than most people can imagine.

I am sure most of your readers myself included, would be interested to hear what excuses the hospital administration give for this appalling situation.

WENDY HALL, by e-mail

## Faro Hospital 2

Sir, After having read the letter about Faro Hospital published in the Portugal News on July 3rd I would like to inform its author that I was appalled at the facts described in it. Therefore I have sent a photocopy of the letter together with a Portuguese translation, to the director of Faro Hospital, to Mr. Macário Correia - Faro Mayor - and to the Minister of Health. The reasons given by Mr. Parkins's Portuguese friend (July, 24th) - namely the fact that some old people should be in Care Homes or living with their families - are no excuse for orderlies to strip patients naked in front of everybody.

With my best regards,

Filipa Lencastre Coelho

## Re. 'The rise of anti-semitism', 17th July

SIR, As stimulating as it was to witness the righteous indignation of Mr. Hansen over the apparent display of racism in local graffiti, I'd like however to attempt to offer some solace to him with the idea that the artist may not have intended any offence to Jewish people in general. As an Englishman if, in response to one of my countries recent genocidal crimes, (And God knows there are quite a number to choose from.), I were to see someone similarly outraged attempting to burn a Union Jack, I would be pleased to offer them my heartfelt sympathy and a match. The Star of David featuring in the offending sketch has already, like the English flag, been so thoroughly associated with ongoing middle-eastern atrocities that it is difficult to imagine that anyone, irrespective of nationality, could continue to view either of them with respect. In the light of the ever escalating, strutting and nuke brandishing going on in that part of the world, it is to be hoped that the Jews, the English and Americans alike will shortly become so disgusted by the homicidal ambitions of our current mis-leaders that we will make at least some attempt to reclaim our flags and urgently effect whatever repairs we can. Hopefully this will come about before we are all, protesting or not, herded into yet another bloody world war

T. TAYLOR, by e-mail

## Lagos wheelchairs/push chair friendly?

SIR, What ever were you thinking of publishing the letter by Duncan Bell (Portugal News 31 July 2010). While he makes a few valid points, I have never read such a load of waffle in my life. Surely you could have used your right to edit, and made the letter about a quarter of the length, or less, without losing any of the important points he was trying to make.

NAME & ADDRESS withheld by request

*We believe this is a serious issue and one we all need to be aware of.*

*We did not edit the letter as the points that were raised were things we need to think about, and hopefully the authorities will take some of this on board. The Regional Tourist Board is doing a lot to make the Algarve "accessible friendly" even including some selected beaches. However, without public support it can't work. The beach we go to has two spaces reserved for those with special needs, yet others park in these spots, and don't seem to care.*

*We can't just 'look the other way'. We need to take this matter seriously.*

*Ed*

## Lagos wheelchairs/push chair friendly? 2

SIR, I bet that I am not alone in thinking that you could have picked, at random, any three or four paragraphs of Duncan Bell's record 60 column inch rant and still adequately conveyed his valid complaints that, when it comes to parking, the majority of drivers don't give a toss about anyone else and the authorities care even less about ensuring that EC directives requiring adequate wheel chair access are enforced.

With regard to parking, surely he knows that parking restrictions are purely to ensure that these selfish individuals never have to walk more than a few paces to any particular shop or Multibanco cash point?

Having done my share of driving wheelchair bound friends hither and yon, my own complaint is about the blatant misuse of invalid parking spaces. Has anyone noticed how often the occupying vehicle is a huge 4 X 4 that takes up as much space as a medium sized campervan and could do with a Stanner lift with a swivel seat for any genuinely handicapped person to have any chance of getting in and out?

It seems to me that the only obvious handicaps most of these thoughtless drivers suffer from are poor eyesight and an inability to manoeuvre their vehicle into a normal sized parking slot.

RON LAVERY, by e-mail.

## Thumbs up for the Health Service

Recently, my partner was taken very ill at home. I phoned for help and within ten minutes an ambulance arrived. The two medics were efficient, helpful and unfailingly positive in their approach. Ken was quickly reassured and given swift and effective emergency treatment.

He was soon on his way to hospital: upon arrival he was rushed into emergency care and a thorough and detailed course of treatment was decided and acted upon without delay.

The service of both the ambulance crew and the emergency staff undoubtedly saved his life.

Ken spent a further 10 days in hospital. During that time he received the best medical care possible and soon began to recover. All of the staff were excellent at their jobs – from the top consultants down to the cleaners who kept the hospital spotless. Everyone was cheerful and positive and, above all, they kept the patient, and his worried family and friends, fully informed through all stages of his treatment.

My partner returned home fully recovered and with positive memories of what could have been a very worrying and traumatic time.

I am sure the residents of Lagos and the surrounding area know what a wonderful hospital they have in their midst, but it occurred to me – in these days of complaints and litigation – that perhaps we are too often inclined towards the negative and so I thought I would highlight something very positive for a change.

The hospital buildings might be old, but the work and attitude of the staff is fresh and forward looking.

Thank you Lagos hospital for all that you have done, and doubtless will continue to do, for the community you serve.

ANGIE STEPHENS, by email

## A sense of proportion?

SIR, The BBC announced today that the Battersea Dogs Home put 2,815 dogs to sleep last year, a third of the total number it took in.

These animals were unloved, unwanted, often unhealthy and sometimes dangerous. Compare that with the approximately one billion animals who are slaughtered in the UK each year for human consumption. Who's crying about them? They were born and reared solely for the purpose of being put to death in their prime and you wonder what's the problem with a few dogs?

At least we are not going to sit down to dinner and savour the taste of a bull terrier who has just met a humane death.

Or would we rather the dog had survived and attacked an infant?

JOSHUA CABLE (by email)

## More alarmist climate twaddle.

SIR, These days people no longer take seriously the twaddle peddled by Gwynne Dyer (31 July) because they are generally more intelligent than journalists and politicians.

Dyer, (scientific qualifications not given), repeats a litany of erroneous statements from Al Gore and the IPCC (a coalition of vested interests, few of whom are scientists and even fewer climate scientists).

Even if (and it is a big if), part of the dubious measured rise in CO2 is due to man-made emissions, and if there is a correlation between rise in CO2 and global average temperatures (almost impossible to measure accurately), there is no proof of causation. Water vapour is by far the most important greenhouse gas. CO2 is plant food. It is equally possible that increased CO2 is due to the world getting warmer!

Warming has happened in the past with favourable consequences for humanity. Dyer uses the weasel-words "Climate change" because the world has been cooling again since 1995. Global cooling, on the other hand, has meant famine and near extinction for the human race.

W.r.t water vapour, no-one knows enough about the complex role of clouds and the IPCC has no expertise in that field. The Mann "hockey stick" graph, (purporting to show a logarithmic runaway increase in global temperature) used by the IPCC, has been proved to be baloney.

A 2 degree rise in global average temperature (a vacuous concept in itself) over a century is 0,02 degrees C/year. Humans have lived through greater rises before with very positive effects, (the Roman warming, the Early Mediaeval Warming).

Mad scenarios such as melting of the Arctic tundra are the stuff of fevered Hollywood imaginings.

The idea of giving politicians (Iraq and Afghanistan wars, the financial collapse of recent times), power to introduce a "carbon" tax or "carbon offset trading" (the biggest potential scam since the sale of Papal Indulgences), or mad schemes to cool the planet come from vested interests.

By all means re-cycle, use water, wind and solar power, save electricity, ride a bike, use public transport or buy an electric car - do these things to save money, pay less tax to incompetent governments and to stick it to the Arabs – not because a bunch of ignoramuses with an agenda tell you to.

A very good antidote to this sort of garbage and a good read is "An appeal to reason – a cool look at global warming" by the former UK Chancellor Nigel Lawson.

GRAHAM CHAMBERS, by email

(former meteorologist in Antarctica)

## Portuguese for Beginners 174

Emília Rosendo

THIS LESSON: Regular *-IR* verbs in *Presente do Conjuntivo*

**① Put in the *Presente do Conjuntivo* of the verbs in brackets.**

***a)*** Nós esperamos que, a partir da próxima semana, a temperatura _____ ***(diminuir)*** um pouco. Está calor de mais!

***b)*** É bem provável que, devido à mais recente instabilidade política e social no país, muitas pessoas _____ ***(desistir)*** da viagem.

***c)*** Talvez o júri do concurso _____ ***(atribuir)*** uma menção honrosa ao candidato mais jovem. A participação do rapazinho foi fantástica!

***d)*** Para que eu _____ ***(traduzir)*** mais rapidamente este documento, preciso de um dicionário técnico.

***e)*** Desde que na casa_____ ***(existir)*** brinquedos e espaço exterior, as crianças ficam bem mais entretidas e contentes.

***f)*** Ninguém acredita que o pai do Daniel _____ ***(cumprir)*** a promessa de deixar de fumar. Ele fuma há séculos e muito!

***g)*** Duvido que a nova loja de decoração _____ ***(abrir)*** antes de Setembro e que _____ ***(admitir)*** mais do que dois empregados. As obras ainda estão a meio e a loja é muito pequena!

***h)*** O José vai dar-me boleia para casa. Espero que ele _____ ***(conduzir)*** bem e devagar.

***i)*** É pena que esta galeria só _____ ***(exibir)*** as cópias das obras de arte e nunca os originais!

***j)*** Desde que eles _____ ***(assistir)*** ao jogo, não se importam de ficar na última bancada.

***k)*** Espero que a minha velha impressora _____ ***(imprimir)*** bem as fotografias.

***l)*** Espero que os assistentes deste pavilhão não _____ ***(proibir)*** filmagens e fotografias.

***m)*** Oxalá as crianças não _____ ***(discutir)*** por causa do único televisor que há na casa!

***n)*** A Mariana não gosta que ninguém _____ ***(abrir)*** a porta do seu armário ou as suas gavetas. Ela tem, como qualquer adolescente, muitos segredos.

Completed exercises can be corrected either by scanning the hardcopy onto your computer or copy and download exercises from our online pages at: www@theportugalnews.com. Send it/them as an attachment(s) via e-mail to: **lessons@theportugalnews.com**. Emília Rosendo will then correct and return to your e-mail address.

www.theportugalnews.com

# Windows Live Mail

Microsoft does not ship an email client with Windows 7, but Windows Mail is still available. It is now called Windows Live Mail and can be downloaded from Microsoft's website. Windows Live Mail is not a complex program, but sometimes frustrating errors can occur. This article provides Windows Live Mail support, including tips and troubleshooting, so that you can get the most out of this email client.

## How to Install Windows Live Mail

There are two parts to a Windows Live Mail installation: downloading the software and configuring your email account. Fortunately, neither is particularly difficult nor time consuming. **Downloading Windows Live Mail**

To begin your Windows Live Mail installation, go to the Windows Live download site (http://explore.live.com/windows-live-mail). Click the **Download Now** button on the left side of the page to begin installing the Windows Live Mail software. Click **Run** on the File Download window. If prompted by a User Account Control message, click **Yes** to continue.

A welcome to Windows Live window will appear, scanning your computer for any Windows Live programs that are already installed on your PC. Next, you will be presented with a list of applications to choose from. Be sure to select the **Mail** check box, as well as any others you want to download and click the **Install** button.

Windows Live will check for any open programs that may interfere with your Windows Live Mail installation. Save any work, close the windows as prompted and then click **Continue**.

The Windows Live Mail installation may take several minutes. When the download is complete, you will have the options of setting Bing as your search provider, setting MSN as your home page and allowing Microsoft to collect information about you. Select the check boxes of any options you want and clear the check boxes of any you don't. Click Continue to finish the Windows Live Mail installation and move on to setting up your account.

## Setting Up a Windows Live Mail account

Now that you have downloaded the software, you can move on to the second element of your Windows Live Mail installation, which is setting up your email account. Click the **Sign Up** button on the **Welcome** screen of the download window if you do not yet have a Windows Live user name and password. You will be taken to the Windows Live Sign Up page. You can also go directly to the Windows Live Sign Up website and create a new Windows Live ID with a brand new Windows Live or Hotmail email address.

If you already have a Windows Live ID, you can log right into your email account. You can log into the webmail version by going to **mail.live.com** in any version of Windows. To access the desktop version of Windows Live Mail, go to the **Start Menu**. In Windows XP, go to **Programs,** click **Windows Live**, and then click **Windows Live Mail**. If you are using Windows Vista or Windows 7, it's even easier to open Windows Live Mail. Click the **Start** button, type **Windows Live** into the **Start Search** box and select **Windows Live Mail** from the programs list on the left side of the Start Menu.

When you start Windows Live Mail for the first time, you will have the option of setting it as your default email client. Your Windows Live Mail installation is now complete and you can begin to enjoy all that this application has to offer. However, if you'd like to try a different application, there are a number of other free email programs compatible with Windows 7.

## How to Optimize Windows Live Mail

Windows Live Mail is a fairly efficient program even when using its base settings. It is quick on most computers including netbooks. However, there is *always* room for improvement, and as more emails pile up in your inbox you may notice that program performance will slow down. This is because the database becomes harder to manage as it becomes larger in size.

This issue, and any other notable performance problems, can be solved by changing various options in you Windows Live Mail settings window but I highly recommend that you leave that up to an IT professional.

## How to Block Spam

Spam is the immortal enemy of every email user. It is something that will never, ever go away, but it must still be combated so that it does not take over our email inboxes. Most email clients now ship with sophisticated anti-spam software and settings, and Windows Live Mail is no different in this area.

For example, Windows Live Mail has the ability to blacklist email addresses so that you no longer receive any email from that particular spammer at all. There is also an option that lets you report spam to Microsoft, so that Microsoft can improve the effectiveness of its anti-spam algorithms, thus ensuring that you will have to deal with less spam in the future.

## How to Find and Manage Newsgroups

Once extremely popular, newsgroups have become something of a lost form of communication. A newsgroup is somewhat like a forum. When you sign up to a newsgroup any post made on the newsgroup shows in Windows Live Mail. If you make a post to it, everyone in the newsgroup will see what you have said.

Windows Live Mail has a dedicated newsreader feature that lets you sign up for newsgroups without having your normal email inbox spammed by new posts. Finding newsgroups that are of high quality can be difficult, but they do exist, and they can provide for enlightening discussions.

## How to Fix Windows Live Mail Error Codes

If something malfunctions when you are using Windows Live Mail – for example, if there is a problem establishing or maintaining an online connection – you may receive an error code. This will pop up in its own window. The code is often somewhat obscure, which makes it hard to figure out what is going on at first.

However, the error code is actually a key that can help you find out what is causing your problems. Once you have the error code you can search for solutions to that specific error by typing the error code in Google.

## How to Repair Windows Live Mail

If you are experiencing problems with Windows Live Mail and you need help resolving them you may need to turn to the built-in repair feature that is provided in the program. Running a repair on a program lets you try and fix configuration issues that might otherwise require you to go through the hassle of reinstalling the software from scratch.

Being a Microsoft product, the built in repair feature in Windows Live Mail is particularly helpful. The first thing to do is to launch Control Panel. In Vista, you will want the option that says, Uninstall a Program. In XP, you will want to select Add or Remove Programs. From your program list, look for Windows Live Essentials. Double-click it to continue. Of course, we are not actually going to be uninstalling all of your Windows Live programs. Instead, we just want to repair the damaged ones. You will notice that by clicking on Windows Live Essentials, you will be prompted to choose to uninstall the programs, or just repair them. Be sure to click on the Repair option before hitting Continue. From here, the program will automatically look through your installed Windows Live components and repair all of them.

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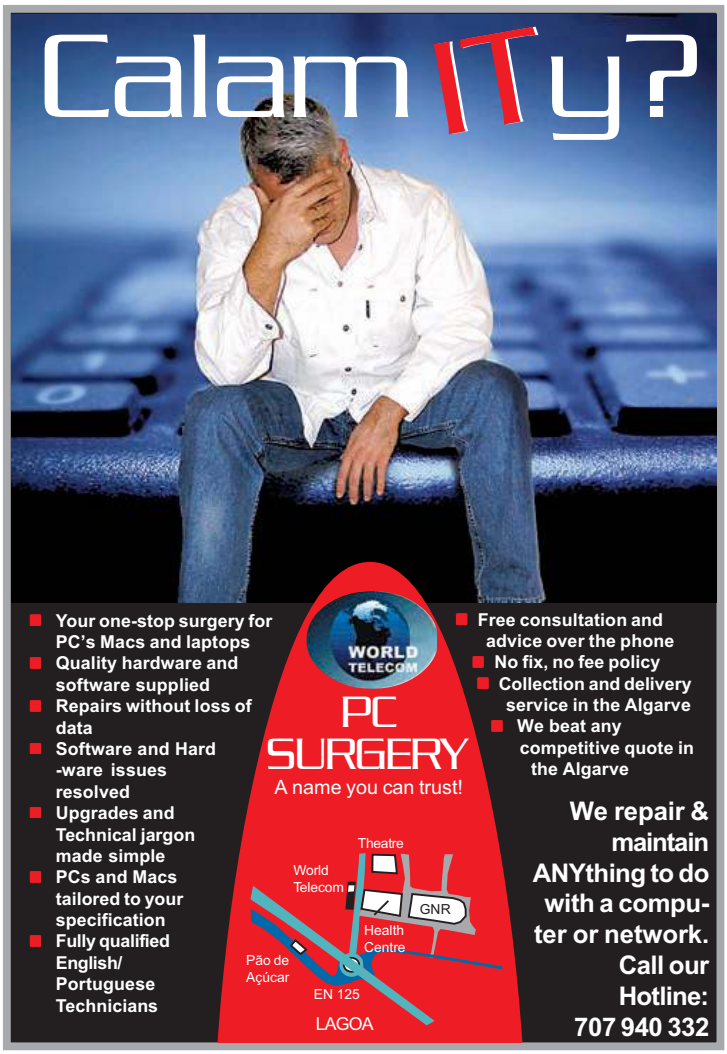


# NORTH

## Daily

**CALDAS DA RAINHA**
**Museu José Malhoa** - Paintings, sculptures, drawings, watercolours and ceramics in temporary and permanent exhibitions - Parque D. Carlos I - T. 262 831 984

**CALDAS DA RAINHA**
**Municipal Museum** - Since (1985) the construction of António Duarte Atelier and Museum, the Local Council of Caldas da Rainha has been constructing one of the most important nucleus of Portuguese Sculpture of the 20th century. The exhibit, conservation, study and divulgation of the collections is divided between the three museums - T. 262 840 280

**ESPINHO**
**Dance Show** The Michael Jackson 'Tribute Dance' - Casino de Espinho daily - 20h30 (dinner) and 22h30 (show) - €20 (dinner-show, Sunday to Thursday) €32.50 (dinner-show, Friday and Saturday) - T. 227 335 500 - www.solverde.pt

**GUARDA**
**Museu Municipal de Arte Moderna Abel Manta** - The collection includes works by Carlos Botelho, Júlio Resende, Menez, Paula Rego, Vespeiro, António Dacosta and many others - Open: Tuesday to Sunday from 10h00 to 12h30 and from 14h00 to 17h00 - Free entrance - Rua Direita, 45, Gouveia - T. 238 493 648

**PORTO**
**Casa da Música** - Guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - T. 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com

**PORTO**
**Serralves Foundation** - Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & Casa de Serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

## August 17

**FIGUEIRA DA FOZ**
**Bootleg Beatles** - A show by The Beatles' tribute band - 22h00 - Coliseu Figueirense - Largo do Coliseu, 2 - T. 233 427 606

## August 20-23

**VIANA DO CASTELO**
**Romaria da Srª da Agonia** (Religious Street Festivities) - Procession starting at Bom Jesus Chapel

## Aug 30 to Sep 11

**GUIMARÃES**
**International Meetings of Classical Music** - Centro Cultural Vila Flor - T. 253 4274 700 - www.ccvf.pt

## September 10

**GUIMARÃES**
**Concert 'Do Reno ao Don'** - Works from Prokofiev, Schumann, Castiglioni and Bach - 22h00 - Centro Cultural Vila Flor - T. 253 4274 700

## September 29

**PORTO**
**Sergei Prokofiev's Romeo and Juliet Ballet** - 21h30 - Coliseu do Porto - Rua Passos Manuel, 137 - Ticket prices: €17 to €32- T. 223 394 940 - www.coliseudoporto.pt

## October 14

**PORTO**
**The Sleeping Beauty from Tchaikovsky** by the Russian State Ballet - 21h30 - Coliseu do Porto - Tickets: €15 to €45 - Reservations: 707 234 234 - T. 223 394 940

## November 11 to 20

**GUIMARÃES**
**Guimarães Jazz 2010** by Charles Lloyd, Kenny Garret, Dave Liebman, Joe Lovano, Ravi Coltrane, Gonzalo Rubalcaba, New York Composers Orchestra, among others - Centro Cultural Vila Flor - T. 253 4274 700

## November 16 to 21

**PORTO**
**Tchaikovski's Swan Lake on Ice** by the Imperial Ice Stars - Artistic Director Tony Mercer - Coliseu do Porto - T. 223 394 940

# CENTRE

## Daily

**CASCAIS**
**Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - T. 214 848 900

**CASCAIS**
**Sea Museum 'Rei D. Carlos'** - Rua Júlio Pereira de Mello - 10h-19h; closed Mon & holidays - T. 214 825 400

**ESTORIL**
**Casino Estoril** - Praça José Teodoro dos Santos - T. 214 667 700 - Info.estoril@estoril-sol.com

**LISBON**
**Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

**LISBON**
**National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open: 10h-17h30 (Closed Mondays and public holidays) - Praça Afonso de Albuquerque - T. 213610850

**LISBON**
**Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h-18h - T. 218 917 002

**LISBON**
**Influxcontemporary** - A museum dedicated to African Contemporary Art - Open from Wednesday to Saturday from 14h00 to 19h00 - Rua Fernando Vaz, 20B - T. 918 501 234 - iwww.influxcontemporary.com

**SANTARÉM**
**Visit** the Casa-Museu Braamcamp Freire on Rua Braamcamp Freire - T. 243 304 480/1

**SINTRA**
**Exhibitions** at Galeria Municipal de Sintra - Praça da República, 23 (Turismo Building) 1st floor - T. 219 238 728 - www.cm-sintra.pt

www.theportugalnews.com

## Until August 8

**LISBON**
**Paintings and Watercolours** Exhibition by Constant Le Breton (1895-1985) - More than sixty works by the French painter can be seen for the first time in Portugal in this monographic exhibition - Gallery of Temporary Exhibitions on the main building, first floor - Calouste Gulbenkian Foundation - Av. de Berna, 45-A - T. 217 823 000

## September 14

**LISBON**
**Limp Bizkit** present their new album 'Gold Cobra' at Atlantic Pavilion - Ages from 6 years old - Tickets: See bottom right of page

## Until September 15

**ESTORIL**
**Collective Exhibition** 'Os Bichos também são gente' (The Animals are also like us) - Paintings, Sculptures, Drawings, Engravings and photographs - Casino Estoril Art Gallery - Praça José Teodoro dos Santos - T. 214 667 700 - info.estoril@estoril-sol.com

## Until September 16

**LISBON**
**Painting and Sculpture** exhibition by Gustavo Fernandes at Lisboa Marriott Hotel - Tel: 217 235 516 - www.marriott.com

## Until September 19

**LISBON**
**Exhibition** by the Brazilian brothers Gustavo and Otávio Pandolfo known as Os Gémeos (The Twins) 'For who lives there, the sky is there' - Museu Colecção Berardo, Arte Moderna e Contemporânea - Praça do Império - T. 213 612 878

## Until September 26

**LISBON**
**Exhibition** by Ana Vidigal 'Menina Limpa, Menina Suja' (Clean Girl, Dirty Girl) - Calouste Gulbenkian Foundation - Avenida de Berna, 45-A - T. 217 823 000 - www.gulbenkian.pt

www.theportugalnews.com

# SOUTH

## Daily

**LAGOS**
**Charity Shop in Almádena** - Charity Shop in what was old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - T. 282 687 334

## Daily

**SILVES**
**Exhibition** of artwork by Hilary Cunningham - Vivenda Rosal Pedreira - Watercolour, pen ink & wash, oil & pastel. Prior to visit, please call 282 332 190 or 917 169 053

## Until August 6

**ALBUFEIRA**
**Painting & Sculpture Exhibition** by Anne Marie da Costa Scour - Municipal Gallery - Open from 10h30-16h30; Closed Saturdays, Sundays and public holidays

**TAVIRA**
**Exhibition 'Metamorphosis of Habitability'** - Casa das Artes

## Until August 10

**SILVES**
**Collective Sculpture and Painting Exhibition** - Multipurpose room at the João de Deus House Museum

## August 10 to 14

**LAGOS**
**9th Lagos Jazz 2010** - 22h00 - Cultural Centre - Tickets: From €8 to €10

## Until August 12

**MONCHIQUE**
**Exhibition** 'Artists of Brazil' Galeria Santo António - Galeria Santo António - Tue 12h-19h, Wed, Thu, Fri & Sun 12h-16h - Ts. 282 913 130 / 925 004 051 - www.artealgarve.net

## Until August 13

**PADERNE**
Galeria Corte-Real Summer Exhibition 'Paintings with a Portuguese perspective' by Jan Johnson, John Lamonby and Sally Stafford - Open: Thu-Sun: 11h-17h - Sign-posted from Paderne, Boliqueime and Ferreiras - T. 918 980 199 or 912 737 762.

## August 17

**ALBUFEIRA**
**Concert by Anastacia** to present her new album 'Heavy Rotation' - 22h00 - Herdade dos Salgados Resort - T. 289 593 730

## August 20

**SILVES**
**Algarve 41 Club** presents the Station Shuffle at Restaurant Arraial O Charuto at Poço Barreto Station - Dance to Easy Street sound - Tickets: €20 - For further information: 914556538; 917874660; 917289190

## Until August 29

**PORTIMÃO**
**The Wizard of Oz** (Musical) - Tempo- 19h00 - Municipal Theatre - Tickets: From €7.50 to €12.50 - T. 282 498 573 (Line open for bookings from 10h00 to 20h00)

www.theportugalnews.com

For more events, see our Club and Community Pages - pp26-27 and our Classifieds - pp 58-62

## Until August 31

**SÃO BRÁS DE ALPORTEL**
**Painting Exhibition** by Maria Madalena Gaspar - Municipal Gallery - 10h00-13h00/15h00-19h00; closed Monday morning, Saturday afternoon and Sundays

**LAGOA**
**Filipe La Feria Musical 'A Gaiola das Loucas'** (La Cage aux Folles) - 22h00 - Arade Congress Centre in Parchal - Tickets: From €15 to €35 - T. 282 498 573 (Line open for bookings from 10h00 to 20h00) - filipelaferia@portimao.pt

## Until September 5

**ALBUFEIRA**
**Fundação Serralves Art Exhibition** 'Abstract Sculptors from 1960-1970' - Espaço Multiusos - T. 289 598 835 / 289 599 619

## Until September 12

**FARO**
**Exhibition** Photographers and Photography 'Portrait of Presidents' - Episcopal Palace - Tuesday to Sunday from 10h to 18h - T. 213 614 660

## Until September 23

**ÉVORA**
**The Museum** of Évora, will be open every Thursday until 22h00 - guided tours and conference at 20h00 - Refreshments will be served on the Museum's patio - To register, up to a miximum of 30 participants, please call T. 266 702 604 or e-mail to mevora@imc-ip.pt.

## Until September 29

**ESTÓI**
**Exhibition** 'Pássaro em Terra' (Bird on land) by René Bertholo - Estói Milreu Ruins - 10h30-13h00 / 14h00-18h30 (closed Mondays)

**ALMANCIL**
Painting Exhibition by Jean-Marie Boomputte titled 'The seven deadly sins' at Centro Cultural São Lourenço - Open from 10h00 to 19h00 (Closed Sundays, Mondays and public holidays) - Rua da Igreja - Telephone number: 289 395 475 - www.centroculturalsaolourenco.com

## Until September 30

**MONCHIQUE**
**Exhibition** of customs and habits of Monchique mountain - Parque da Mina - Daily from 10h to 19h - T. 282 911 622 - www.parquedamina.pt

**PORTIMÃO**
**Exhibition** 'Posta Restante - The travels of the President writer' - Casa Manuel Teixeira Gomes - Monday to Friday: 10h-19h; Saturdays: 15h-19h

## Until October 31

**PORTIMÃO**
**Exhibition** 'Entre dois séculos e dois regimes' (Between two centuries and two political rulings) - Portimão Museum

## Until November 27

**LOULÉ**
**Exhibition** 'Mendes Cabeçadas e a Primeira República do Algarve' - Municipal Museum

www.theportugalnews.com

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@theportugalnews.com by Tuesday before publication.

# PREVIEW

## From August 7 to 27 - Concerts by Orquestra do Algarve

- 7th August, Saturday, at Quinta do Lago - 20h00 - Driving Range - T. 289 351 900 - Filmes' Soundtracks - Conductor: John Avery
- 8th August, Sunday, at Odemira - 22h00 - Zambujeira do Mar 'Festival Sudoeste' Mike Patton's Mondo Cane with Orquestra do Algarve
- 15th August, Sunday, in Quarteira 22h00 - Promenade - Free Admission - Works by: Mozart, Johann Strauss, Josef Strauss, Mendelssohn, Beethoven, Dvorák, Haendel, Brahms, Nacio Herb Brown and Mancini - Conductor: José Eduardo Gomes
- 20th August, Friday, in Albufeira - 22h30 - Praia dos Pescadores (Pescadores beach) - Free Admission - 'Sons Ardentes' (Ardent Sounds) - Works by: R. Strauss, N. Rimsky-Korsakov, Dvorák, Borodin, Lehàr, John Barry, Kodály, J. Strauss - Conductor: Osvaldo Ferreira - Soloist: Eduarda Melo (Soprano)
- 21st August, Saturday, in Aljezur - 19h00 - Aljezur Castle - 'Music in the Monuments' - Chamber Music Group - www.orquestradoalgarve.com - www.cultalg.pt
- 27th August, Friday, in Silves - Sé (Main Church) - 21h30 - Free Admission - Works by: Haydn and Mendelssohn - Conductor: João Tiago Santos

**Until October 22** - Pera - 8th International Sand Sculpture Festival: Theme: Living World - Open from 10h00 to 24h00 (15th September to 22nd October from 10h00 to 20h00) - Fiesa is located on the EN 524 road between Pera and Algoz (From EN125, at Pera crossroads, follow the indication for Algoz).

**Until September 20** - Tavira - Exhibition 'Art From the Heart' by the Pirilampos Childrens Home in Albufeira organised by David Haines and Mal Mudge - 1, Rua da Liberdade next to the Tavira Câmara - T. 968 290 627 or 962 111 516

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

## ALGARVE

### SBC FORUM ALGARVE
TEL: 289 887 212
5 AUG-11 AUG

**1**
**Inception**
Leonardo DiCaprio, Marion Cotillard
15.10-18.15-22.20
**Nanny McPhee and the Big Bang**
Emma Thompson, Rhys Ifans
(10.05 Sat & Sun) 12.40
**2**
**Saw VI**
Costas Mandylor, Tobin Bell
13.40-15.55-18.00-20.05-22.10-00.25
**Marmaduke PV**
Owen Wilson, Lee Pace
(10.20 Sat & Sun)
**3**
**Shrek Forever After**
Animation PV
(10.30 Sat & Sun) 12.40-17.15
**Get Him to the Greek**
Russell Brand, Jonah Hill
14.50-19.25-21.50-00.20
**4**
**The A-Team**
Liam Neeson, Bradley Cooper
14.30-17.05-19.30-22.00-00.30
**5**
**Toy Story 3 -** Animation PV
(10.50 Sat & Sun) 13.50-16.20-18.50-21.30
**Inception**
Leonardo DiCaprio, Marion Cotillard
23.55
**6**
**Toy Story 3 -** Animation OV
(10.50 Sat & Sun) 13.50-16.20-18.50-21.30-00.00
**7**
**Grown Ups**
Adam Sandler, Chris Rock
(12.25 Sat & Sun) 14.40-17.00-19.20-21.40-00.05
**Astro Boy -** Animation PV
(10.10 Sat & Sun)
**8**
**The Twilight Saga: Eclipse**
Kristen Stewart, Robert Pattinson
(11.00 Sat & Sun) 16.30-00.35
**The Ghost Writer**
Ewan McGregor, Pierce Brosnan
19.10
**Io sono l'amore**
Tilda Swinton, Pippo Delbono
13.55-21.55
**9**
**Knight & Day**
Tom Cruise, Cameron Diaz
(11.35 Sat & Sun) 14.00-19.15-21.45-00.40
**The Ghost Writer**
Ewan McGregor, Pierce Brosnan
16.25

### CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
5 AUG-11 AUG

**1**
**Shrek Forever After**
Animation PV
12.50-15.00-17.10-19.20-21.35-23.55
**2**
**Toy Story 3 - 3D**
Animation PV
13.00-15.45-18.15-21.45-00.15
**3**
**The A-Team**
Liam Neeson, Bradley Cooper
13.20-16.00-18.40-21.20-23.50
**4**
**Knight & Day**
Tom Cruise, Cameron Diaz
13.10-15.30-18.10-21.00-23.30
**5**
**The Twilight Saga: Eclipse**
Kristen Stewart, Robert Pattinson
13.15-15.55-18.30
**Get Him to the Greek**
Russell Brand, Jonah Hill
21.10-23.40
**6**
**Saw VI**
Costas Mandylor, Tobin Bell
13.05-15.05-17.05-19.10-21.50-00.00
**7**
**Inception**
Leonardo DiCaprio, Marion Cotillard
12.45-15.40-18.35-21.30-00.25
**8**
**Grown Ups**
Adam Sandler, Chris Rock
13.40-16.10-18.50-21.40-00.10
**9**
**Toy Story 3**
Animation PV
13.30-16.15-18.45-21.15-23.45

### CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
5 AUG-11 AUG

**1**
**Grown Ups**
Adam Sandler, Chris Rock
13.20-16.00-18.50-21.40-00.00
**2**
**Inception**
Leonardo DiCaprio, Marion Cotillard
12.40-15.30-18.25-21.20-00.10
**3**
**Knight & Day**
Tom Cruise, Cameron Diaz
13.00-15.50-18.30-21.50-00.15
**4**
**Shrek Forever After**
Animation PV
12.50-14.50-17.00-19.05
**The A-Team**
Liam Neeson, Bradley Cooper
21.10-23.40
**5**
**Saw VI**
Costas Mandylor, Tobin Bell
13.30-16.10-19.00-22.00-00.20
**6**
**Toy Story 3 – 3D**
Animation PV
13.10-15.50-18.40-21.30-23.50

www.theportugalnews.com

**Castello Lopes Cinemas**
Tel: 707 220 220
www.castellolopescinemas.com

**UCI Cinemas**
Tel: 707 23 22 21
www.uciportugal.pt

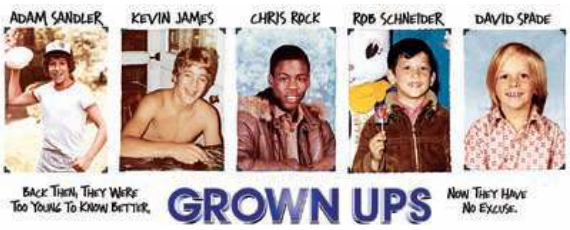
**Zon Lusomundo Cinemas**
Tel: 707 24 63 62
www.zonlusomundo.pt

OV = Original Version
PV = Portuguese Version

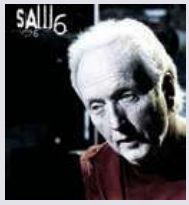
**Film Classification**
Grown Ups - M/12
Saw VI - M/18
The Red Baron - M/12
Toy Story 3 - M/6
Get Him to the Greek - M/12
The A-Team - M/12
Inception - M/12
Lucky Luke - M/12
Backlight - M/12
Knight & Day - M/12
Shrek Forever After - M/6
The Twilight Saga: Eclipse - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

**Title:** Grown Ups
**Genre:** Comedy
**Stars:** Adam Sandler, Chris Rock, Kevin James, David Spade, Rob Schneider, Salma Hayek, Maria Bello, Maya Rudolph
**Director:** Dennis Dugan
**Synopsis:** Five friends and former teammates reunite thirty years later to honour the passing of their childhood basketball coach. With their wives and kids in tow, they spend the Fourth of July holiday weekend together at the lake house where they celebrated their championship years earlier. Picking up where they left off, they discover why growing older doesn't mean growing up.



**Title:** Saw VI
**Genre:** Horror | Mystery | Thriller
**Stars:** Tobin Bell, Costas Mandylor, Peter Outerbridge, Shawnee Smith, Mark Rolston
**Director:** Kevin Greutert
**Synopsis:** Special Agent Strahm is dead, and Detective Hoffman has emerged as the unchallenged successor to Jigsaw's legacy. However, when the FBI draws closer to Hoffman, he is forced to set a game into motion, and Jigsaw's grand scheme is finally understood.



**Title:** The Red Baron
**Original Title:** Der Rote Baron
**Genre:** Action | Adventure | Biography | Drama | Romance | War
**Stars:** Matthias Schweighöfer, Til Schweiger, Lena Headey, Joseph Fiennes
**Director:** Nikolai Müllerschön
**Synopsis:** Europe, 1916. Filled with a sense of adventure and euphoria, 24-year-old Manfred von Richthofen, like many thousands of other young men, goes off to war. A celebrated fighter pilot, he and his friends quickly become icons for the soldiers on the battlefields, and are admired by friends and foes alike.

## SATURDAY 07/08/10

### BBC1

06.00 Breakfast.
10.00 Saturday Kitchen Best Bites.
11.30 What to Eat Now.
12.00 BBC News; Regional News; Weather.
12.15 Football Focus.
13.00 A Question of Sport.
13.30 Outtake TV.
14.00 Live Challenge Cup Rugby League.
16.30 BBC News; Weather.
16.40 Final Score.
17.05 Match of the Day Live.
19.20 101 Ways to Leave a Gameshow.
20.20 Tonight's the Night.
21.10 The National Lottery: Saturday Draws.
21.20 Casualty.
22.10 John Bishop's Britain.
22.40 BBC News; Regional News; Weather.
23.05 Live at the Apollo; National Lottery Update.
23.35 The Football League Show.
01.00 **FILM**: Mr 3000 (2004); Weatherview.
02.40 BBC News.

### BBC2

06.00 CBeebies.
07.25 CBBC.
12.00 BBC Switch: Degrassi: The Next Generation.
12.25 BBC Switch: The Cut.
12.50 BBC Switch: Scene Stealers.
13.20 BBC Switch: The 5:19 Show.
13.35 BBC Switch: The Almost Perfect Guide to Life.
14.00 BBC Switch: Revealed.
14.15 The Sky at Night.
14.35 **FILM**: Carve Her Name with Pride (1958).
16.30 National Eisteddfod 2010.
17.00 The Great British Home Movie Roadshow.
18.00 Coast.
19.00 BBC Proms 2010.
20.30 Dad's Army.
21.00 Have I Got a Bit More News for You.
21.45 **FILM**: There Will Be Blood (2007).
00.15 **FILM**: Westworld (1973).
01.40 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 The Crocodile Hunter Diaries.
10.25 Children's Hospital.
10.55 Monk.
11.50 News and Weather.
11.54 London Weather.
11.55 This Morning: Saturday.
12.55 Animals Do the Funniest Things.
13.40 **FILM**: Casino Royale (1967).
16.00 Midsomer Murders.
18.00 London Tonight; Weather.
18.15 ITV News and Weather.
18.35 Totally You've Been Framed!
19.35 Odd One In.
20.20 Magic Numbers.
21.20 30 Years of An Audience With.
22.20 ITV News and Weather; Weather.
22.35 **FILM**: Gone in 60 Seconds (2000).
00.40 The Zone; ITV News Headlines.
02.40 **FILM**: Blood Work (2002).
04.30 October Road.
05.20 ITV Nightscreen.

### Channel 4

06.15 The Hoobs.
06.40 The Hoobs.
07.05 World Sport.
07.30 Superbike World Championship 2010.
08.00 The Morning Line.
08.55 T4: Friends.
09.20 T4: Scissor Sisters Special: Under the Skin.
10.25 T4: Knight and Day: T4 Movie Special.
10.55 T4: Big Brother.
11.50 T4: Big Brother.
12.20 T4: The Hollyoaks Music Show Playlist.
12.50 T4: Alesha Dixon: Video Exclusive.
12.55 T4: Scrubs.
13.25 T4: Friends.
13.55 Channel 4 Racing from Newmarket, Haydock Park and Redcar.
15.55 Come Dine with Me Down Under.
18.30 Channel 4 News.
18.55 4thought.tv.
19.00 Elizabeth.
20.00 The Queen.
21.00 Big Brother.
22.00 Misfits.
23.10 **FILM**: Star Trek: First Contact (1996).
01.15 Big Brother: Live.
02.55 The Real Housewives of New Jersey.
03.45 What About Brian.
04.30 Wreck Detectives.
05.20 Beauty and the Geek.

### Five

06.00 Milkshake!
10.00 Fifth Gear.
10.30 The Gadget Show.
11.30 The Man Who Moves Buildings.
12.30 Don't Stop Believers.
12.40 **FILM**: Ice Station Zebra (1968).
15.25 **FILM**: The Karate Kid Part II (1986).
17.35 **FILM**: The Seventh Voyage of Sinbad (1958).
19.15 Cricket on Five.
20.00 Five News.
20.05 Don't Stop Believers.
20.10 NCIS.
21.05 CSI: Crime Scene Investigation.
22.05 CSI: Crime Scene Investigation.
23.05 CSI: Miami.
00.00 Don't Stop Believers.
00.05 SuperCasino.
04.05 Wildlife SOS.
04.30 Wildlife SOS.
04.55 The Family Recipe.
05.00 Hana's Helpline.
05.10 The Milkshake! Show.
05.35 Thomas & Friends.
05.45 Roary the Racing Car.

THIS SUNDAY: Service of Holy Communion 6pm • Convento de S. José • LAGOA

## SUNDAY 08/08/10

### BBC1

06.00 Breakfast.
09.00 The Andrew Marr Show.
10.00 Sunday Morning Live.
11.00 Country Tracks.
12.00 BBC News.
12.05 Cash in the Celebrity Attic.
12.50 Bargain Hunt.
13.20 Escape to the Country.
14.20 Murder, She Wrote.
15.05 EastEnders.
17.00 Songs of Praise.
17.35 BBC News; Regional News; Weather.
18.00 Great British Railway Journeys.
18.30 Antiques Roadshow.
19.30 Last of the Summer Wine.
20.00 Countryfile.
21.00 Sherlock.
22.30 BBC News;
22.55 The Impressions Show with Culshaw and Stephenson.
23.25 **FILM**: Greenfingers (2000); Weatherview.
00.55 Sign Zone: How to Build a Jumbo Jet Engine.
01.55 Holby City.
02.55 Bill Oddie's Top 10 Frights and Delights.
03.55 BBC News.

### BBC2

06.00 CBeebies.
07.25 CBBC.
10.00 Something for the Weekend.
11.30 **FILM**: Spellbound (1945).
13.20 **FILM**: Notorious (1946).
15.00 Live Challenge Cup Rugby League.
17.30 Flog It!
18.00 Natural World.
19.00 Dragons' Den.
20.00 Top Gear.
21.00 Coast.
22.00 Britain Goes Camping.
23.00 Mad Men..
00.35 **FILM**: Sweet Smell of Success (1957).
02.10 BBC News.
03.55 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 Coronation Street.
11.45 News and Weather.
11.49 London Weather.
11.50 This Morning: Sunday.
12.50 House Gift.
13.50 **FILM**: Columbo: Ransom for a Dead Man (1971).
15.50 **FILM**: Live and Let Die (1973).
18.05 You've Been Framed!
18.30 London Tonight; Weather.
18.45 ITV News and Weather.
19.00 Countrywise at War.
20.00 Heartbeat.
21.00 The Unforgettable Bob Monkhouse.
22.00 ITV News and Weather; Weather.
22.15 FA Community Shield Highlights.
23.15 Drama Trails.
00.15 Comedy Classics: Rising Damp.
01.10 The Zone; ITV News Headlines.
02.30 Motorsport UK.
03.20 ITV Nightscreen.

### Channel 4

06.05 The Treacle People.
06.15 The Hoobs.
06.40 The Hoobs.
07.05 The Grid.
07.30 British Formula 3 Championship.
08.00 Relentless Wakestock 2010.
08.25 Freesports on 4: 2010 Roxy Jam.
08.55 T4: Hollyoaks.
11.25 T4: Big Brother's Little Brother.
12.30 T4: Friends.
13.00 T4: The Simpsons.
14.00 Three in a Bed.
15.40 **FILM**: Just My Luck (2006).
17.30 River Cottage: Gone Fishing.
18.30 Channel 4 News.
19.00 Orchestra United.
20.00 Amish: World's Squarest Teenagers.
21.00 Big Brother.
22.00 Alan Carr: Chatty Man.
22.55 **FILM**: Final Destination 2 (2003).
00.35 Big Brother: Live.
03.35 The Real Housewives of New Jersey.
04.25 Bear Grylls: Born Survivor.
05.15 Hill Street Blues.

### Five

06.00 Milkshake!
10.00 Shake!
11.10 The Hotel Inspector.
12.10 Don't Stop Believing.
13.10 **FILM**: The Karate Kid Part III (1989).
15.20 **FILM**: The Last Starfighter (1984).
17.20 **FILM**: Zoom (2006).
19.10 Five News.
19.15 Cricket on Five.
20.00 Don't Stop Believing.
21.30 **FILM**: Panic Room (2002).
23.45 The Gadget Show.
00.45 SuperCasino.
04.05 Wildlife SOS.
04.55 The Family Recipe.
05.00 Hana's Helpline.
05.10 The Milkshake! Show.
05.35 Thomas & Friends.
05.45 Roary the Racing Car.

## MONDAY 09/08/10

### BBC1

06.00 Breakfast.
09.15 Heir Hunters.
10.00 Homes Under the Hammer; BBC News; Weather.
11.00 Living Dangerously.
11.30 Cash in the Attic; BBC News; Weather.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.30 Regional News; Weather.
13.45 Doctors.
14.15 Murder, She Wrote.
15.00 BBC News; Weather; Regional News.
15.05 CBeebies.
15.25 CBBC.
17.15 Weakest Link: 10th Anniversary.
18.00 BBC News; Weather.
18.30 Regional News Programmes; Weather.
19.00 The One Show.
19.30 Cowboy Trap; BBC News; Regional News.
20.00 EastEnders.
20.30 Panorama.
21.00 Who Do You Think You Are?
22.00 BBC News.
22.25 Regional News; Weather.
22.35 Gears and Tears.
23.05 The Armstrong & Miller Show.
23.35 **FILM**: All of Me (1984); Weatherview.
01.10 Sign Zone: Tribal Wives.
02.10 Sign Zone: History Cold Case.
03.10 Sign Zone: Put Your Money Where Your Mouth Is.
03.55 BBC News.

### BBC2

06.00 CBeebies.
08.00 CBBC.
11.00 **FILM**: Decision at Sundown (1957).
12.15 **FILM**: Lost Horizon (1937).
14.15 Instant Restaurant.
15.00 Diagnosis Murder.
15.45 Flog It!
16.30 Cash in the Celebrity Attic.
17.15 Escape to the Country.
18.00 Eggheads.
18.30 Restoration Roadshow.
19.00 Wainwright Walks: Coast to Coast.
19.30 Roger and Val Have Just Got In.
20.00 University Challenge.
20.30 Antiques Master.
21.00 Dragons' Den.
22.00 Grandma's House.
22.30 Newsnight; Weather.
23.20 The World at War.
00.15 Victorian Pharmacy.
01.15 BBC News.
03.55 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Dinner Date.
13.30 ITV News and Weather.
13.55 London News and Weather.
14.00 Dickinson's Real Deal.
15.00 3@three.
15.59 London Weather.
16.00 Midsomer Murders.
17.00 Britain's Best Dish.
18.00 London Tonight; Weather.
18.30 ITV News and Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Countrywise.
20.30 Coronation Street.
21.00 Identity.
22.00 ITV News at Ten and Weather.
22.30 London News and Weather.
22.35 **FILM**: Total Recall (1990).
00.40 The Zone; ITV News Headlines.
02.40 The Jeremy Kyle Show.
03.35 ITV Nightscreen.

### Channel 4

06.00 The Treacle People.
06.10 The Hoobs.
06.35 Big Brother's Little Brother.
07.40 Big Brother.
08.40 T4: Smallville.
09.35 T4: Privileged.
10.30 T4: Friends.
11.00 T4: Friends.
11.30 The TV Book Club.
12.00 Channel 4 News Summary.
12.05 Brothers & Sisters.
12.55 Come Dine with Me.
13.25 Come Dine with Me.
13.55 Come Dine with Me.
14.25 Come Dine with Me.
14.55 Come Dine with Me.
15.25 Countdown.
16.10 Deal or No Deal: Hall of Fame.
17.00 10 Years Younger: The Challenge.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 4thought.tv.
20.00 Our Drugs War.
21.00 The Hospital.
22.00 Big Brother.
23.10 Alan Carr: Chatty Man.
23.55 8 Out of 10 Cats.
00.40 Poker.
01.40 Big Brother: Live.
04.00 Bear Grylls: Born Survivor.
04.55 **FILM**: The Bigamist (1953).

### Five

06.00 Milkshake!
09.15 The Wright Stuff.
10.45 Trisha Goddard.
11.45 CSI: NY.
12.40 Five News.
12.45 House.
13.40 Don't Stop Believers.
13.45 Neighbours.
14.20 CSI: NY.
15.10 **FILM**: Wild Hearts (2006).
17.00 Five News; Weather.
17.30 Neighbours.
18.00 The Boss Is Coming to Dinner.
18.25 Don't Stop Believers.
18.30 Live from Studio Five.
19.00 Five News at 7.
19.15 Cricket on Five.
20.00 The Gadget Show; Five News at 9.
21.00 **FILM**: Collateral Damage (2002).
23.15 Don't Stop Believers.
23.20 **FILM**: Storm Catcher (1999).
01.05 SuperCasino.
04.00 The Boss Is Coming to Dinner.
04.25 Wildlife SOS.
04.50 Rough Guide to Adventures.
05.05 The New Tomorrow.
05.30 Michaela's Wild Challenge.

## TUESDAY 10/08/10

### BBC1

06.00 Breakfast.
09.15 Heir Hunters.
10.00 Homes Under the Hammer; BBC News; Weather.
11.00 Living Dangerously.
11.30 Cash in the Attic; BBC News; Weather.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.30 Regional News; Weather.
13.45 Doctors.
14.15 Murder, She Wrote.
15.00 BBC News; Weather; Regional News.
15.05 CBeebies.
15.30 CBBC.
17.15 Weakest Link: 10th Anniversary.
18.00 BBC News; Weather.
18.30 Regional News Programmes; Weather.
19.00 The One Show.
19.30 EastEnders; BBC News; Regional News.
20.00 Holby City.
21.00 The Deep.
22.00 BBC News.
22.25 Regional News; Weather.
22.35 Madness in the Fast Lane.
23.25 **FILM**: Mother's Boys (1994); Weatherview.
01.00 Sign Zone: The Edible Garden.
01.30 Sign Zone: How to Live a Simple Life.
02.30 Sign Zone: Monty Halls' Great Hebridean Escape.
03.30 Sign Zone: Put Your Money Where Your Mouth Is.
04.15 BBC News.

### BBC2

06.00 CBeebies.
08.00 CBBC.
11.20 **FILM**: Bitter Victory (1958).
13.00 The World at War.
13.50 Ready Steady Cook.
14.15 Instant Restaurant.
15.00 Diagnosis Murder.
15.45 Flog It!
16.30 Cash in the Celebrity Attic.
17.15 Escape to the Country.
18.00 Eggheads.
18.30 Restoration Roadshow.
19.00 Coast.
20.00 Domesday.
21.00 That Mitchell and Webb Look.
21.30 Shooting Stars.
22.00 Russell Howard's Good News.
22.30 Newsnight; Weather.
23.20 How Not to Live Your Life.
23.50 The Normans.
00.50 BBC News.
04.15 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Dinner Date.
13.30 ITV News and Weather.
13.55 London News and Weather.
14.00 Dickinson's Real Deal.
15.00 3@three.
15.59 London Weather.
16.00 Midsomer Murders.
17.00 Britain's Best Dish.
18.00 London Tonight; Weather.
18.30 ITV News and Weather.
19.00 Emmerdale.
19.30 Children's Hospital.
20.00 New Who Wants to Be a Millionaire?
21.00 The Bill.
22.00 ITV News at Ten and Weather.
22.30 London News and Weather.
22.35 Ladette to Lady.
23.35 October Road.
00.30 The Zone; ITV News Headlines.
02.30 The Jeremy Kyle Show.
03.25 ITV Nightscreen.

### Channel 4

06.15 The Hoobs.
06.40 The Hoobs.
07.05 Big Brother's Little Brother.
07.30 Big Brother.
08.40 Frasier.
09.10 T4: Smallville.
10.00 T4: Privileged.
10.45 T4: Friends.
11.15 T4: Friends.
11.45 T4: Rockcorps.
12.00 Channel 4 News Summary.
12.05 Brothers & Sisters.
12.55 Come Dine with Me.
13.25 Come Dine with Me.
13.55 Come Dine with Me.
14.25 Come Dine with Me.
14.55 Come Dine with Me.
15.25 Countdown.
16.10 Deal or No Deal: Hall of Fame.
17.00 10 Years Younger: The Challenge.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 4thought.tv.
20.00 Help! My House Is Falling Down.
21.00 Who Knows Best: Getting a Job.
22.00 Big Brother.
23.10 The Inbetweeners.
23.45 Pete Versus Life.
00.20 The Poker Lounge.
01.20 Big Brother: Live.
04.00 KOTV Boxing Weekly.
04.25 British Formula 3 Championship.
04.50 The Grid.
05.20 World Sport.
05.45 Freesports on 4: 2010 Roxy Jam.

### Five

06.00 Milkshake!
09.15 The Wright Stuff.
10.45 Trisha Goddard.
11.45 CSI: NY.
12.40 Five News.
12.45 Build a New Life: Was It Worth It?
13.40 Don't Stop Believers.
13.45 Neighbours.
14.20 CSI: NY.
15.05 **FILM**: No Ordinary Baby (2001).
17.00 Five News; Weather.
17.30 Neighbours.
18.00 The Boss Is Coming to Dinner.
18.25 Don't Stop Believers.
18.30 Live from Studio Five.
19.00 Five News at 7.
19.15 Cricket on Five.
20.00 Great Railway Adventures with Dan Cruickshank.
21.00 CSI: Miami.
22.00 CSI: NY.
22.55 Don't Stop Believers.
23.00 CSI: Crime Scene Investigation.
00.00 NCIS.
00.55 SuperCasino.
04.00 The Boss Is Coming to Dinner.
04.25 Wildlife SOS.
04.50 Rough Guide to Activity Holidays.
05.05 The New Tomorrow.
05.30 Michaela's Wild Challenge.

## WEDNESDAY 11/08/10

### BBC1

06.00 Breakfast.
09.15 Heir Hunters.
10.00 Homes Under the Hammer; BBC News; Weather.
11.00 Living Dangerously.
11.30 Cash in the Attic; BBC News; Weather.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.30 Regional News; Weather.
13.45 Doctors.
14.15 Murder, She Wrote.
15.00 BBC News; Weather; Regional News.
15.05 CBeebies.
15.30 CBBC.
17.15 Weakest Link: 10th Anniversary.
18.00 BBC News; Weather.
18.30 Regional News Programmes; Weather.
19.00 The One Show.
19.30 Penguin Island; BBC News; Regional News.
20.00 Celebrity MasterChef.
21.00 The Secret Tourist.
22.00 BBC News.
22.25 Regional News; Weather.
22.35 The National Lottery Draws.
22.45 A Question of Sport: Uncensored.
23.15 The League Cup Show; National Lottery Update and Weatherview.
00.20 Sign Zone: Country Tracks.
01.15 Sign Zone: My Life.
01.45 Sign Zone: Dragons' Den.
02.45 Sign Zone: DIY SOS.
03.15 Sign Zone: Put Your Money Where Your Mouth Is.
04.00 BBC News.

### BBC2

06.00 CBeebies.
08.00 CBBC.
11.20 **FILM**: Nobody Runs Forever (1968).
13.00 The World at War.
13.50 Ready Steady Cook.
14.15 Instant Restaurant.
15.00 Diagnosis Murder.
15.45 Flog It!
16.30 Cash in the Celebrity Attic.
17.15 Escape to the Country.
18.00 Eggheads.
18.30 Restoration Roadshow.
19.00 This World: Stolen Brides.
20.00 Coast.
21.00 The Normans.
22.00 QI.
22.30 Newsnight; Weather.
23.20 Domesday.
00.20 The Great British Home Movie Roadshow Uncut.
01.20 BBC News.
04.00 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Dinner Date.
13.30 ITV News and Weather.
13.55 London News and Weather.
14.00 Dickinson's Real Deal.
15.00 3@three.
15.59 London Weather.
16.00 Midsomer Murders.
17.00 Britain's Best Dish.
18.00 London Tonight; Weather.
18.30 ITV News and Weather.
19.00 Emmerdale.
19.30 Live International Football.
22.10 ITV News and Weather.
22.40 London News and Weather.
22.45 International Football Highlights.
23.45 iTunes Festival Highlights 2010.
00.40 The Zone; ITV News Headlines.
02.40 The Jeremy Kyle Show.
03.35 ITV Nightscreen.

### Channel 4

06.15 The Hoobs.
06.40 The Hoobs.
07.05 Big Brother's Little Brother.
07.30 Big Brother.
08.40 Frasier.
09.05 T4: Smallville.
09.55 T4: Privileged.
10.45 T4: Friends.
11.15 T4: Friends.
11.45 T4: Rockcorps.
12.00 Channel 4 News Summary.
12.05 Brothers & Sisters.
12.55 Come Dine with Me.
13.25 Come Dine with Me.
13.55 Come Dine with Me.
14.25 Come Dine with Me.
14.55 Come Dine with Me.
15.25 Countdown.
16.10 Deal or No Deal: Hall of Fame.
17.00 10 Years Younger: The Challenge.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 4thought.tv.
20.00 How to Look Good Naked.
21.00 Four Sons Versus Four Daughters.
22.00 Big Brother.
23.10 School of Comedy.
23.40 My Name Is Earl.
00.10 My Name Is Earl.
00.35 Music on 4: The Album Chart Show Spotlight.
00.50 Music on 4: The Crush.
01.15 Big Brother: Live.
04.10 Beach Volleyball.
05.00 Relentless Wakestock 2010.
05.30 Countdown.

### Five

06.00 Milkshake!
09.15 The Wright Stuff.
10.45 Trisha Goddard.
11.45 CSI: NY.
12.40 Five News.
12.45 Build a New Life: Was It Worth It?
13.40 Don't Stop Believers.
13.45 Neighbours.
14.20 CSI: NY.
15.05 **FILM**: While I Was Gone (2004).
17.00 Five News; Weather.
17.30 Neighbours.
18.00 The Boss Is Coming to Dinner.
18.25 Don't Stop Believers.
18.30 Live from Studio Five.
19.00 Five News at 7.
19.30 Escape from A Bridge Too Far; Five News Update.
20.00 Emergency Bikers; Five News at 9.
21.00 NCIS.
22.00 Law & Order: Criminal Intent.
22.55 Don't Stop Believers.
23.00 K-Ville.
00.00 Poker.
01.00 SuperCasino.
04.00 The Boss Is Coming to Dinner.
04.25 Wildlife SOS.
04.50 Rough Guide to Short Breaks.
05.05 The New Tomorrow.
05.30 Michaela's Wild Challenge.

## THURSDAY 12/08/10

### BBC1

06.00 Breakfast.
09.15 Heir Hunters.
10.00 Homes Under the Hammer; BBC News; Weather.
11.00 Living Dangerously.
11.30 Cash in the Attic; BBC News; Weather.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.30 Regional News; Weather.
13.45 Doctors.
14.15 Murder, She Wrote.
15.00 BBC News; Weather; Regional News.
15.05 CBeebies.
15.30 CBBC.
17.15 Weakest Link: 10th Anniversary.
18.00 BBC News; Weather.
18.30 Regional News Programmes; Weather.
19.00 The One Show.
19.30 EastEnders; BBC News; Regional News.
20.00 Celebrity MasterChef.
21.00 Mistresses.
22.00 BBC News.
22.25 Regional News; Weather.
22.35 Inside Sport: The Princess Royal at 60.
23.15 **FILM**: The Gingerbread Man (1998); Holiday Weatherview.
01.10 Sign Zone: Panorama.
01.40 Sign Zone: Countryfile.
02.35 Sign Zone: Celebrity MasterChef.
03.35 Sign Zone: Put Your Money Where Your Mouth Is.
04.20 BBC News.

### BBC2

06.00 CBeebies.
08.00 CBBC.
11.10 **FILM**: Stage Fright (1950).
13.00 The World at War.
13.50 Ready Steady Cook.
14.15 Instant Restaurant.
15.00 Live Swimming.
16.30 Cash in the Celebrity Attic.
17.15 Escape to the Country.
18.00 Eggheads.
18.30 Restoration Roadshow.
19.00 The Culture Show at the Edinburgh Festival.
20.00 Natural World.
21.00 Victorian Pharmacy.
22.00 Getting On.
22.30 Newsnight; Weather.
23.20 Nurse Jackie.
23.50 Nurse Jackie.
00.15 The Culture Show at the Edinburgh Festival.
01.15 BBC News.
04.20 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Dinner Date.
13.30 ITV News and Weather.
13.55 London News and Weather.
14.00 Dickinson's Real Deal.
15.00 3@three.
15.59 London Weather.
16.00 Midsomer Murders.
17.00 Britain's Best Dish.
18.00 London Tonight; Weather.
18.30 ITV News and Weather.
19.00 Emmerdale.
19.30 Where Does All Our Water Go?: Tonight.
20.00 Emmerdale.
20.30 Coronation Street.
21.00 Police, Camera, Action!
22.00 ITV News at Ten and Weather.
22.30 London News and Weather.
22.35 **FILM**: The Grudge (2004).
00.20 The Zone; ITV News Headlines.
02.20 British Touring Car Championship.
03.35 ITV Nightscreen.

### Channel 4

06.15 The Hoobs.
06.40 The Hoobs.
07.05 Big Brother's Little Brother.
07.30 Big Brother.
08.40 Frasier.
09.10 T4: Smallville.
09.55 T4: Privileged.
10.45 T4: Friends.
11.15 T4: Friends.
11.45 T4: Pocket TV.
12.00 Channel 4 News Summary.
12.05 Brothers & Sisters.
12.55 Come Dine with Me.
13.25 Come Dine with Me.
13.55 Come Dine with Me.
14.25 Come Dine with Me.
14.55 Come Dine with Me.
15.25 Countdown.
16.10 Deal or No Deal: Hall of Fame.
17.00 10 Years Younger: The Challenge.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.25 4thought.tv.
19.30 Missing: Claudia Lawrence.
20.00 A Place in the Sun: Home or Away.
21.00 Big Brother.
22.00 Pete Versus Life.
22.35 Big Brother.
23.05 Omid Djalili Live in London.
00.10 Music on 4: KT Tunstall: Video Exclusive.
00.15 Music on 4: The Album Chart Show Introduces - Ellie Goulding.
00.30 Music on 4: CTRL Student Tour.
00.45 Music on 4: 4Music Sessions: Joshua Radin.
01.00 Big Brother: Live.
03.40 This Week's 4Music Top 20.
05.30 Beauty and the Geek.

### Five

06.00 Milkshake!
09.15 The Wright Stuff.
10.45 Trisha Goddard.
11.45 CSI: NY.
12.40 Five News.
12.45 Build a New Life: Was It Worth It?
13.40 Don't Stop Believers.
13.45 Neighbours.
14.20 CSI: NY.
15.05 **FILM**: Emma's Wish (1998).
17.00 Five News; Weather.
17.30 Neighbours.
18.00 The Boss Is Coming to Dinner.
18.25 Don't Stop Believers.
18.30 Live from Studio Five.
19.00 Five News at 7.
19.30 Zoo Days; Five News Update.
20.00 Police Interceptors; Five News at 9.
21.00 The Mentalist.
22.00 Law & Order: Special Victims Unit.
22.55 Don't Stop Believers.
23.00 CSI: NY.
00.00 SuperCasino.
04.00 The Boss Is Coming to Dinner.
04.25 Motorsport Mundial.
04.50 Rough Guide to Bang for Your Buck.
05.05 The New Tomorrow.
05.30 Michaela's Wild Challenge.

## FRIDAY 13/08/10

### BBC1

06.00 Breakfast.
09.15 Heir Hunters.
10.00 Homes Under the Hammer; BBC News; Weather.
11.00 Living Dangerously.
11.30 Cash in the Attic; BBC News; Weather.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.30 Regional News; Weather.
13.45 Doctors.
14.15 Murder, She Wrote.
15.00 BBC News; Weather; Regional News.
15.05 CBeebies.
15.30 CBBC.
17.15 Weakest Link: 10th Anniversary.
18.00 BBC News; Weather.
18.30 Regional News Programmes; Weather.
19.00 The One Show.
19.30 A Question of Sport; BBC News: Regional News.
20.00 EastEnders.
20.30 Celebrity MasterChef.
21.00 My Family.
21.30 The Old Guys.
22.00 BBC News.
22.25 Regional News; Weather.
22.35 Would I Lie to You?
23.05 The National Lottery Draws.
23.15 **FILM**: Ransom (1996); Weatherview.
01.15 Sign Zone: Celebrity MasterChef.
02.15 Sign Zone: Celebrity MasterChef.
02.45 Sign Zone: Put Your Money Where Your Mouth Is.
03.30 BBC News.

### BBC2

06.00 CBeebies.
08.00 CBBC.
11.25 **FILM**: Madame Pimpernel (1945).
13.00 The World at War.
13.50 Ready Steady Cook.
14.15 Instant Restaurant.
15.00 Diagnosis Murder.
15.45 Flog It!
16.30 Cash in the Celebrity Attic.
17.15 Escape to the Country.
18.00 Live Athletics.
21.00 The Great British Home Movie Roadshow.
22.00 Roger and Val Have Just Got In.
22.30 Newsnight.
23.00 The Review Show at the Edinburgh Festival; Weather.
23.50 That Mitchell and Webb Look.
00.20 Shooting Stars.
00.50 Russell Howard's Good News.
01.20 The Mighty Boosh Live.
03.45 Close.

### ITV1 London

05.30 ITV Morning News.
06.00 GMTV.
09.25 Jeremy Kyle Show.
10.30 This Morning.
12.30 Dinner Date.
13.30 ITV News and Weather.
13.55 London News and Weather.
14.00 Dickinson's Real Deal.
15.00 3@three.
15.59 London Weather.
16.00 Midsomer Murders.
17.00 Britain's Best Dish.
18.00 London Tonight; Weather.
18.30 ITV News and Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Dickinson's Real Deal.
20.30 Coronation Street.
21.00 Doc Martin.
22.00 ITV News at Ten and Weather.
22.30 London News and Weather.
22.35 **FILM**: The Sixth Sense (1999).
00.35 The Zone; ITV News Headlines.
02.35 **FILM**: Anne of the Thousand Days (1969).
05.05 ITV Nightscreen.

### Channel 4

06.10 The Hoobs.
06.35 The Hoobs.
07.00 Big Brother's Little Brother.
07.25 Big Brother.
08.35 Frasier.
09.00 T4: Smallville.
09.50 T4: Privileged.
10.45 T4: Friends.
11.45 T4: Pocket TV.
12.00 Channel 4 News Summary.
12.05 Brothers & Sisters.
12.55 Come Dine with Me.
15.25 Countdown.
16.10 Deal or No Deal: Hall of Fame.
17.00 10 Years Younger: Bus Pass Challenge.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.25 4thought.tv.
19.30 Missing: Claudia Lawrence.
20.00 A Place in the Sun: Home or Away.
21.00 Big Brother.
22.00 Pete Versus Life.
22.35 Big Brother.
23.05 Omid Djalili Live in London.
00.10 Music on 4: KT Tunstall: Video Exclusive.
00.15 Music on 4: The Album Chart Show Introduces - Ellie Goulding.
00.30 Music on 4: CTRL Student Tour.
00.45 Music on 4: 4Music Sessions: Joshua Radin.
01.00 Big Brother: Live.
03.40 This Week's 4Music Top 20.
05.30 Beauty and the Geek.

### Five

06.00 Milkshake!
09.15 The Wright Stuff.
10.45 Trisha Goddard.
11.45 CSI: NY.
12.40 Five News.
12.45 Build a New Life: Was It Worth It?
13.40 Don't Stop Believers.
13.45 Neighbours.
14.20 CSI: NY.
15.05 **FILM**: Emma's Wish (1998).
17.00 Five News; Weather.
17.30 Neighbours.
18.00 The Boss Is Coming to Dinner.
18.25 Don't Stop Believers.
18.30 Live from Studio Five.
19.00 Five News at 7.
19.30 Zoo Days; Five News Update.
20.00 Police Interceptors; Five News at 9.
21.00 The Mentalist.
22.00 Law & Order: Special Victims Unit.
22.55 Don't Stop Believers.
23.00 CSI: NY.
00.00 SuperCasino.
04.00 The Boss Is Coming to Dinner.
04.25 Motorsport Mundial.
04.50 Rough Guide to Bang for Your Buck.
05.05 The New Tomorrow.
05.30 Michaela's Wild Challenge.

# SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | | | | 2 | 4 | 1 | 8 |
| 5 | | | | | | | | |
| | 9 | | | | 1 | 5 | | 7 |
| | | | 4 | | 8 | 1 | 2 | 9 |
| | | | | | | | | |
| 7 | 2 | 1 | 3 | | 9 | | | |
| 9 | | 6 | 2 | | | | 8 | |
| | | | | | | | | 4 |
| 4 | 3 | 2 | 6 | | | | | 1 |

Medium

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | | | 5 | | 8 | |
| | 8 | 3 | | | 1 | 5 | | |
| | | 5 | | | | | 6 | |
| | | | | 2 | | | | |
| 2 | 9 | | 4 | | 7 | | 1 | 6 |
| | | | | 6 | | | | |
| | 2 | | | | | 8 | | |
| | | 4 | 5 | | | 7 | 2 | |
| | 5 | | 3 | | | | | 4 |

Hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 3 | 7 | 9 | | | |
| | 2 | | | | | | 5 | |
| 7 | | | 5 | | 2 | | | 8 |
| | 8 | 3 | | | | 2 | 6 | |
| 9 | | | | | | | | 4 |
| | 1 | 4 | | | | 7 | 8 | |
| 6 | | | 2 | | 5 | | | 3 |
| | 5 | | | | | | 9 | |
| | | | 9 | 1 | 8 | | | |

Last weeks solutions:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 2 | 7 | 1 | 5 | 6 | 4 | 3 | 9 |
| 6 | 9 | 5 | 2 | 4 | 3 | 7 | 8 | 1 |
| 1 | 3 | 4 | 8 | 7 | 9 | 2 | 6 | 5 |
| 4 | 8 | 3 | 9 | 2 | 1 | 6 | 5 | 7 |
| 5 | 6 | 1 | 3 | 8 | 7 | 9 | 2 | 4 |
| 9 | 7 | 2 | 4 | 6 | 5 | 8 | 1 | 3 |
| 7 | 1 | 6 | 5 | 9 | 8 | 3 | 4 | 2 |
| 3 | 4 | 9 | 6 | 1 | 2 | 5 | 7 | 8 |
| 2 | 5 | 8 | 7 | 3 | 4 | 1 | 9 | 6 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | 6 | 3 | 2 | 8 | 9 | 7 | 4 |
| 2 | 9 | 8 | 7 | 6 | 4 | 5 | 1 | 3 |
| 4 | 3 | 7 | 5 | 9 | 1 | 6 | 2 | 8 |
| 9 | 6 | 5 | 8 | 4 | 2 | 7 | 3 | 1 |
| 3 | 2 | 4 | 1 | 7 | 9 | 8 | 6 | 5 |
| 7 | 8 | 1 | 6 | 3 | 5 | 2 | 4 | 9 |
| 6 | 7 | 9 | 4 | 8 | 3 | 1 | 5 | 2 |
| 8 | 5 | 3 | 2 | 1 | 6 | 4 | 9 | 7 |
| 1 | 4 | 2 | 9 | 5 | 7 | 3 | 8 | 6 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 3 | 7 | 5 | 2 | 1 | 6 | 4 |
| 5 | 7 | 4 | 1 | 9 | 6 | 8 | 2 | 3 |
| 2 | 1 | 6 | 3 | 4 | 8 | 7 | 9 | 5 |
| 6 | 5 | 2 | 8 | 3 | 4 | 9 | 7 | 1 |
| 7 | 9 | 1 | 6 | 2 | 5 | 3 | 4 | 8 |
| 3 | 4 | 8 | 9 | 7 | 1 | 2 | 5 | 6 |
| 1 | 2 | 5 | 4 | 8 | 9 | 6 | 3 | 7 |
| 8 | 3 | 9 | 5 | 6 | 7 | 4 | 1 | 2 |
| 4 | 6 | 7 | 2 | 1 | 3 | 5 | 8 | 9 |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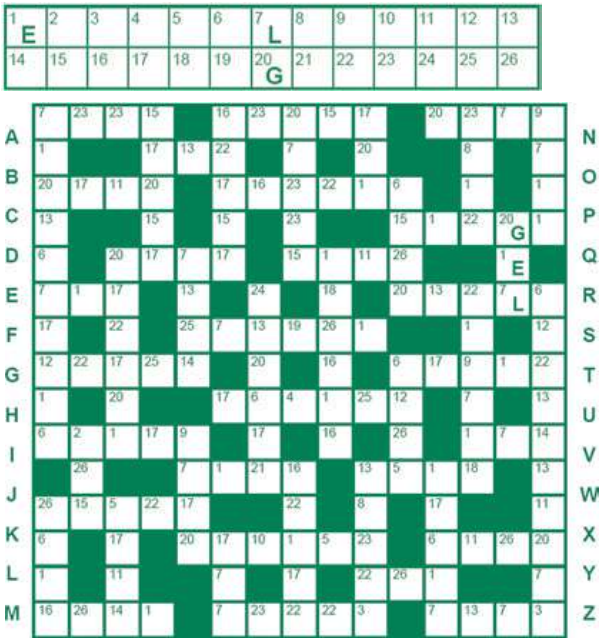
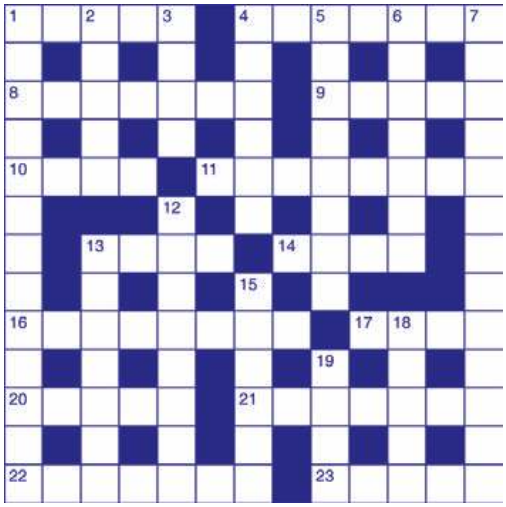
# CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

(Right: Last week's solution)



# PRIZE CROSSWORD 1073



A €10 Algarve Book Cellar token will be awarded to the sender of the first correct solutionopened next Thursday. Solutions to: The Portugal News Crossword Nº 1073, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

**ACROSS**

1. Distress (5)
4. Weakling (7)
8. Call to account (7)
9. Cherish (5)
10. Cloak (4)
11. Soak (8)
13. Unusual (4)
14. Giant (4)
16. Relationship (8)
17. Morose (4)
20. Unsuitable (5)
21. Forsake (7)
22. Oubliette (7)
23. Surrender (5)

**DOWN**

1. Alone (13)
2. Fragment (5)
3. Clip (4)
4. Servile (6)
5. Tongue (8)
6. Striped (7)
7. Foregone (13)
12. Dark-haired woman (8)
13. Chorus (7)
15. Reach (6)
18. Shelf (5)
19. Cautious (4)

# WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | V | A | E | L | C | U | R | R | A | N | T | N | E | P |
| T | D | G | F | G | H | F | J | N | R | C | U | S | L | E |
| S | F | C | K | R | G | N | L | C | E | C | S | A | Y | N |
| J | K | E | Q | E | W | N | R | O | V | K | R | O | R | A |
| Y | O | U | L | A | V | M | I | E | O | F | A | A | T | L |
| K | N | B | O | T | W | F | Q | P | D | D | M | T | N | Q |
| Q | B | E | I | L | R | A | A | T | L | R | L | E | E | K |
| N | L | L | P | Y | E | R | K | E | O | E | O | I | S | I |
| O | O | O | E | R | N | A | E | G | S | P | H | C | T | A |
| A | R | S | O | Q | O | B | E | E | V | O | E | L | E | A |
| L | G | N | A | K | S | I | N | T | P | G | P | R | E | R |
| O | N | O | G | E | I | A | N | O | I | S | R | E | V | A |
| E | P | C | N | H | R | N | P | R | X | E | L | I | N | C |
| P | O | L | E | O | P | T | E | P | H | L | Q | R | I | G |
| D | D | N | O | C | E | S | L | P | G | L | A | E | D | I |

CURRANT, CONSOLE, CRANK, NILE, AVERSION, POLE, KEEN, LOOK, OVER, MARS, IDEAL, TREASON, GREATLY, TOPER, SECOND, HELPING, PENAL, ALOE, CLEAVE, RECORDER, ARABIAN, TAKEN, PRISONER, FLOODLIT, PROTEGE, SENTRY, AESOP

# SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.

**Last week's solutions**

Across: 3 Accessory; 8 Echo; 9 Convolute; 10 Unruly; 11 Prior; 14 Spasm; 15 Mesh; 16 Broil; 18 Team; 20 Equal; 21 Naive; 24 Pebble; 25 Continual; 26 Snug; 27 Reprimand.
Down: 1 Requisite; 2 Charlatan; 4 Cloy; 5 Elver; 6 Seldom; 7 Rate; 9 Climb; 11 Prove; 12 Recumbent; 13 Challenge; 17 Level; 19 Master; 22 Venom; 23 Sole; 24 Pain.
*Last weeks winner: E. Lannigan, Castro Marim*

Last week's solution:

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 7 Aug 2010

PROPERTY OF THE WEEK

# Steel going strong

Algarve residents Jim and Susan were quite determined that, when it came to building the home of their dreams, it had to be on the plot of their dreams – and that plot had to have a view to die for.

After a patient year of searching they managed to find their ideal plot near Santa Bárbara de Nexe which ticked all the boxes – with the additional benefit of having an approved project.

They had already done their homework on the internet regarding the type of construction they wanted and it had to be steelbuild for them. This was because they were convinced of the advantages of steelbuild – lower energy consumption through an extremely high insulation factor, a dry atmosphere resistant to damp, flexibility of design and internal layout, and, most importantly, a remarkably quick build time, far less than conventional building. This aspect has benefits in relation to overall costs, too, as clearly less time equals less cost.

So the next step was to find a project management team who could firstly recommend a specialist steel frame builder and then work with them to oversee the project. Secondly, they needed the project managers to re-draw their plans, as the house they wanted was smaller than the approved version.

That's when Projectcasa came onto the scene. With a solid background in the steel construction business, Daniel Cartwright and his associate, Alex Abram, soon had the revised plans approved and a specialist construction company commissioned, after the appropriate costing procedure, of course!

The new owners did not need too many bedrooms, as they are more concerned with making exciting use of larger spaces, as you can see in the dramatic height of the lounge. That's where the flexibility and lightness of steelframe construction really comes into its own, allowing spans which, in conventional building, would be difficult.

Now, as you can see from the accompanying photographs, Jim and Susan's dream home is well on schedule for completion around the end of September, well in time to luxuriate in the fabulous views from every room in their stunning new home. For more information on Project Casa's fantastic building services, please see the contact details on the advert below.

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**Vilamoura**
Apartment located in a private condominium composed of 1 bedroom, 1 bathroom, lounge with dining area, kitchenette, storage & terrace. Communal swimming pool & garden area. Furnished and equipped. Construction area of approx. 59 sq.m.
Ref: A1341 Price: € 110.000,00

**Gambelas**
Villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area, equipped kitchen, Basement and various terraces. Carport. Swimming pool and garden. Const. area - 240 sq.m., plot artea - 460 sq.m.
Ref: V12645 Price: € 290.000,00

**Vilamoura**
Attached villa composed of 2 bedrooms (+1 small bedroom), 3 bathrooms, lounge with fireplace, equipped kitchen and terraces. Communal swimming pool and garden. Carport. Partly furnished. Construction area of approx. 116 sq.m.
Ref: V12561 Price: € 295.000,00

**Vilamoura**
With excellent sea and Marina views, 2 bedroom apartment composed of 2 bathrooms, lounge w/dining area, equipped kitchen and terrace. Storage and parking space in the basement. Exterior and interior swimming pools. Const. area - 100 sq.m.
Ref: A1383 Price: € 490.000,00



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**Villa Oleandra (Vilamoura)**
Renovated 3 Bedroom detached villa with large gardens of 1200m2 located at the Old Village in Vilamoura. This lovely villa is only a 3 minute walk from the various bars,supermarket and restaurants and only 15 minutes walk to the marina.
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**Villa Amarylis (Vilamoura)**
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**Price £2,457,000 Pound / €2,900,000 Euros**

**Villa Alisios (Vilamoura)**
Charming 4 Bedroom/4 Bathroom detached villa located on a private cul-de-sac overlooking the Old Course golf course. This villa offers privacy and panoramic views of the golf course and distant hills. Great Location and peaceful retreat.
**Price £720,000 Pound / €850,000 Euros**

**Apt.Hilton Paradiso (Vilamoura)**
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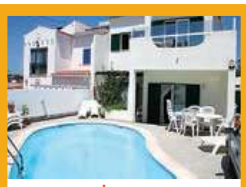
- Terrace & nice views
- Villa 150m² Plot 440m²

Ref. V1140
**Price Reduced: € 350.000**

**São Brás de Alportel**
- Beautiful spacious villa
- Country & sea views
- 3 bedrooms 2 bathrooms
- U/floor heating, terraces
- Heated pool, dbl garage
- Villa 188m² Plot 1.742m²

Ref. V1316
**Price Reduced: € 495.000**



**Lagos**
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- Garage / studio room
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- Villa 146m² Plot 266m²

Ref. V1365
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**São Brás de Alportel**
- Attractive new villa 2010
- Quiet nature area
- 4 bedrooms 4 bathrooms
- Pool 8m x 4m, barbecue
- Pre-inst. air-co & solar
- Villa 216m² Plot 1.455m²

Ref. V1370
Price: € 399.000

**São Brás de Alportel**
- New luxury villa 2010
- Lovely country views
- 4 bedrooms 5 bathrooms
- Large garage/basement
- Pool 9m x 4m, barbecue
- Villa 299m² Plot 5.689m²

Ref. V1371
Price: € 1.500.000



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Ref. 2000 Price: € 398.000

**Moncarapacho**
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Ref. 1981 Price: € 105.000

**São Brás de Alportel**
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Ref. 1957 Price: € 199.500



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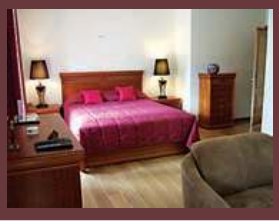

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# Combining clematis

C. 'Macropetala'

Tips on how to keep the garden colourful from spring to autumn.

Among the glories of my garden are clematis - I love the big showy flowers of the hybrids as well as the early season types, such as C. macropetala, cascading over walls and fences or scrambling up shrubs.

In fact, there are clematis for virtually every setting, whether you want them to hide a structural eyesore, or providing colour and interest intertwined with evergreen shrubs. There are even clematis specifically bred for containers, which will add a flourish to your patio.

Combining clematis with other choice plants, such as roses, can create a focal point in the garden which will be colourful from spring to autumn.

Roses and clematis are particularly good plant partners as they have similar feeding and cultivation requirements.

I have a gorgeous shrub rose, Rosa 'Gertrude Jekyll', which is heavily scented, bearing double, dark pink flowers in summer and autumn, growing up an obelisk, combined with C. 'Nelly Moser', an early to mid-summer flowering clematis with pink striped petals which fade in the sunlight. It makes a fantastic focal point and as the clematis starts to fade the rose comes into its own.

Early season clematis, such as C. alpina and C. macropetala, have bushy habits which are naturally suited to training up and hiding the bare stems of climbing or rambler roses.

Early to mid-summer flowering clematis, including C. 'Lasurstern' and C. 'Marie Boisselot', are better if thinned to five or six shoots before being tied into a rose because then the flowers will be larger and more evenly spread, making a better display.

Evergreen and deciduous shrubs can be perked up when planted with large-flowered hybrids, viticellas and compact species clematis, which flower from mid-summer to autumn. But bear in mind the flowering time of each plant and how they will complement each other.

Mid-season, large-flowered hybrids will happily grow through evergreen shrubs like rhododendrons, while early to late-summer blooming clematis with shorter stems and closer flowers, such as C. 'Fujimusume' and the lilac coloured C. 'Josephine', are more suited to combine with smaller shrubs with compact crowns.

The dramatic, velvety deep red flowers of C. 'Niobe' will climb happily through the popular evergreen shrub Choisya ternata, while many hebe cultivars make a good foil for clematis.

Timing is important when growing clematis through trees or shrubs, if you want maximum colour impact.

Plant C. montana var. rubens with Ceanothus arboreus 'Trewithen Blue' and both will flower at the same time, from late spring to early summer, the pink clematis making a striking show with the purple ceanothus. Directing the stems of the clematis through the ceanothus should maximise the overall effect.

Similarly, star-like pink blooms of C. alpina will pepper the crown of small, flowering apple trees, while climbers can also perform well as ground cover. C. 'Nelly Moser', for instance, will flower at the base of a tree trunk, brightening up a bare patch of ground.

Combine another variety with it and you can create an interesting patchwork effect.

You can also buy more compact varieties of clematis which will engulf a wigwam or other support in a pot. I have one beautiful lilac-flowered compact Raymond Evison variety, C. Parisienne, which grows to around 1m and produces a profusion of blooms in late spring and early summer, but there are many more from which to choose.

Plant compact clematis in a moisture-retentive but free-draining soil, where their roots are shaded but top growth is in the sun.

Check the variety for best location, as some will thrive in semi-shade while others prefer a fair amount of sunlight.

*Hannah Stephenson*

C. 'Lasurstern'

C. 'Marie Boisselot'

## Top tips ...

### make the most of ornamental grasses

1. Grow them in full sun, in drier, less fertile soils.
2. Leave the foliage over the winter to protect the crown of the plant. They should only need an annual tidy-up to keep them in shape.
3. In late winter, before growth begins, cut back all the old growth to near ground level with secateurs.

### plant trees successfully

1. Plant when the trees are dormant, between November and March, choosing young, healthy specimens suited to your soil type.
2. Feed with bonemeal or another general purpose fertiliser.
3. Protect from the elements and local wildlife with an appropriate tree guard.

### cope with a heatwave

1. Mulch damp ground now to help seal in the moisture.
2. Grow vegetables that prefer long, hot summers. Fennel, butternut squashes and chillies are all sun-lovers. Try growing tomatoes too, they thrive in hotter years.
3. Don't cut the lawn closely. Leaving it longer will keep it greener for longer.

### enhance a gravel garden

1. Plant groups of the same plant to create a series of green focal points.
2. Choose a few big, bold plants, with a strong architectural shape to use as special features, but use them sparingly.
3. Plant creeping plants near the edge of the gravel garden to create a natural appearance.

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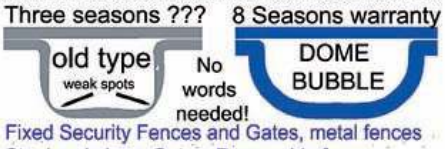

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# Feast for the eyes

Turn the tables on dreary settings, and make meals come alive when you're eating out with the family or entertaining. Gabrielle Fagan serves top tips on desirable, affordable table settings for indoors and out.

If plonking down a few table mats and adding napkins is the extent of your table decorating efforts it could be time to think again.

Taking a little time and trouble can be fun, inexpensive and effective, enthuses Liz Belton, co-author of a new book Table Style, which is laden with inspiring settings.

"A visual feast for the eye encourages lingering and talking and true enjoyment of the food," she says.

"All too often nowadays, meals are rushed affairs or eaten while watching television, and slowly but surely the art of creating a beautiful table seems to be disappearing."

Liz, a stylist, points out that people often only take trouble over tables for occasions such as Christmas, but believes any meal can benefit from a table adorned with simple touches.

"Gone are the days when people spent a fortune on formal dinner sets.

Here are Liz's tips for desirable, affordable table settings for indoors and out.

## Kit for top tables

Invest in tabletop staples and keep them handy so setting a table for any occasion is easy.

"Choose neutral, natural colours for a collection of tablecloths or runners so that you don't limit your colour options," advises Liz.

"Linen cloths or cotton sheets, fabric samples or old rolls of wallpaper cut to make runners, can be picked up from boot sales or antique shops and put to use as distinctive table dressings."

• For magical lighting effects cluster candleholders of different heights as a centre-piece or arrange a row of twinkling tealights on a runner.

• Charger plates are a chic alternative to place mats, and long stemmed drinking glasses can double as pretty dessert 'dishes'.

• Try sourcing cheap pretty table decorations such as heart or star name holders or bird and flower shaped candles.

## Picnic in the park

Just because you're eating on your knees doesn't mean you can't make an occasion of it.

If you're the creative type include a length of muslin and a ball of string in with the picnic gear, and make a glamorous, impromptu canopy by draping the fabric over low branches.

"Don't bring out the best china but instead use pretty but practical enamelware or melamine dishes and mugs," advises Liz.

"Dress a picnic rug as you would a table with an eye for the visual impact, so key in to the landscape by using shades of soft greens, creams and natural tones for china and accessories."

Stop flies and wasps dive-bombing picnic goodies by covering up with retro-style mesh food hoods.

## Al fresco lunch

There's always something special about eating in the garden.

"Keep the look pared down but pretty with simple china, decorative glassware and pile on the flowers," advises Liz.

"Be inspired by the colours around you, so on the table echo the colour of a brightly coloured bloom or shrub near the patio area."

Head to the local nursery to find plant tags to use as ingenious place cards, and display potted herbs and plants in galvanised-metal buckets or tubs in the centre of the table. Accessorise a place setting with a single flower head or herb sprig, perhaps tied with garden string to a napkin.

## Kids' party tables

Kids love colour and effects that are simple, fun and personalised.

"One of the most successful settings we created was a table framed by lengths of ribbon but bunting or streamers would work just as well," says Liz.

"Small seaside-style buckets work so much better than cheap plastic goodie bags, especially if they have a name tag tied with string to the rim or handle. Even better tie a napkin with a necklace of threaded letter beads spelling each child's name."

## Cheap but chic

Special occasions deserve special tables, but that doesn't mean you have to break the bank.

"The key to a beautiful table is how you dress it, not what you dress it with," points out Liz.

"Polish the table, buff up the chairs and then throw on a cloth, or use a length of wallpaper as a decorative table runner. A pale sugared-almond palette is best for easy-on-the-eye elegance."

Flowers make all the difference but avoid structured bouquets. Instead, arrange six pink blooms in a clear glass vase or have individual flower-heads in a line of tumblers. Complement the look with white or cream china, and hand-written place cards, decorated with pink ribbon ties.

Personalise napkins with heart-shaped tags on which you can chalk or pencil names.

## Eastern banquet

Conjure Oriental style by seating guests on floor cushions grouped around a coffee table or low bench.

"Cover a table with a length of Eastern style fabric, and banish knives and forks in favour of chopsticks and rice bowls," suggests Liz.

Stick to a neutral colour scheme for tableware, she advises, featuring shades of bamboo, stone and wood mixed with glossy, lacquered black. Add brilliance in the details, a vivid red cushion cover, plum table cloth, or vibrant blooms in a vase.

# Mazda 5 has the looks with innovative design

Mazda has not been holding back with its new designs in recent years.
An instantly recognisable and extremely stylish family face has found its way onto the every model in the range. But it's not just the front ends that follow a theme.

It's easy to spot a Mazda model on the road from almost any angle thanks to the curves and flowing lines penned into the body, over the arches and even incorporating the light units.

There will certainly be no mistaking the latest generation of Mazda5 MPV model on the road. The design team has taken the flowing bodywork philosophy - called 'Nagare' and inspired by natural themes - to the next level.

A seven-seat people-carrier may seem like an unlikely place to start applying the adventurous design techniques visible on the restyled Mazda5, but there are good reasons. It offers a decent-sized canvas to start with and is now one of the most well-established models in the comprehensively overhauled range - making it a prime candidate for a new approach.

As always, there's a definite theme behind the new model's extravagant lines. Designed to resemble the ripple of water, with the wheels acting likes rocks in the pool, the design flows from one end of the vehicle to the other, helping to break up the profile and add some flourish to what can be an otherwise neglected sector.

The theme is carried inside, too, with a visually appealing front seat design that boasts flowing contours to the upper seat backs. There's even a new exterior paint choice in keeping with the theme; Clear Water Blue.

Mazda has put a lot of effort into applying the new styling techniques without creating awkward reflections, optical illusions or problems for bodywork repair shops, but it's a provocative design that will ultimately be tested by time and public opinion.

That is exactly what happened with the previous Mazda5 model - and its clever interior layout remains in the new model thanks to the thumbs up it received from users of the previous generation model.

It's not just the flexibility of the 'Karakuri' seven-seat design that's so successful; it's the ease of use, too. Seats fold and slide with a single pull of a lever or rip-cord. Seat bases provide storage too. In the case of the second row the nearside seat stores the base of the centre seat - freeing up extra room in required. It's a highly intelligent design that has yet to be bettered by rivals.

In the front of the new model, the control and instrument layout has been restyled with a similar emphasis on user-friendliness. The central control panel offers a notably simplistic dynamic; the instruments have been sharpened and the information display sits closer to eye-level - all of which is intended to make the model more relaxing to drive. An excellent driving position with a raised gear lever, commanding position and good visibility are of benefit, too.

The driving dynamic is noticeably improved over the previous model. The chassis has been tweaked for a more compliant ride, but it's the additional rigidity within the spacious body that has the strongest effect on passenger comfort. Additional strength has been built into the body, but safety features such as the new double-clasp system for the twin sliding doors - powered and key-operated versions of which remain an option - add to the feeling of solidity.

Combined with a revised steering system that offers improved damping through the wheel, Mazda has successfully achieved its goal of a more linear, confidence-inspiring and comfortable driver and passenger experience.

The Japanese manufacturer has also introduced a revised engine line-up. A diesel model will join the range at a later date, but MPV drivers are likely to be enticed by the 1.8-litre unit with fuel consumption and emissions lowered by four and six per cent respectively and even more so by the new 2.0-litre petrol unit complete with i-stop.

Fuel consumption is down 13 per cent compared with the previous 2.0-litre petrol model and CO2 emissions drop by 15 per cent to 159g/km.

The 2.0-litre unit itself remains smooth, tractable and well suited to a family carrying role. The i-stop system proves finely tuned, too. Able to restart the engine in a little over a third of a second it's unobtrusive and doesn't require an adapted driving style. Mazda has tweaked the control system to allow the engine to remain off for longer periods with the air-conditioning and auxiliary systems running - an important consideration in a family vehicle.

A focus on improved driving dynamics and economy mean the latest incarnation of the Mazda5 should prove even more appealing to families that have already become addicted to the immensely practical and versatile interior. Heavily revised styling gives it a unique look on the outside, too.

**Model:** Mazda 5 2.0 i-stop, price € -To Be Confirmed
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# Can you take a cruise if you

The Celebrity Equinox

Last week we reported on the cruise ship Celebrity Equinox, and told of our personal experience. However, there was one aspect we didn't mention, and it really deserves some detail, because what they have done is outstanding, and that is not what we thought, that is what people in wheelchairs told me. The owners of the cruise line have also equipped this, and many of their other ships, to accommodate the needs of people with visual or hearing disabilities, even those whose condition requires dialysis or oxygen.

A Jacuzzi on board with chair lift.

Two of our relatives in the UK are disabled, and a couple of months ago they were telling us about how much is available to assist disabled people. We thought they were almost 'confined' to their home, but this was a long way from the truth.

The level of support and help was really impressive, right down to being able to ring ahead to a town they planned to visit and an electric mobility scooter would be delivered to the bus they were arriving in, and for a very low fee.

That made us wonder how much support is available in the Algarve, and the local tourist board is putting a lot of effort into improving accessibility, not just to hotels and restaurants etc, but even wheelchair friendly beaches. Once you have become aware of the challenges, especially those faced by wheelchair users, you start to look and notice.

That also made us more attentive to other possibilities, for example, could you take a cruise?

While on a recent cruise with Celebrity Cruises, we were more 'aware' of what was available, and it is impressive.

I had an opportunity to see in some detail one of the disabled facilities staterooms on the Equinox, and after that you start to notice all the other facilities you had not noticed before (all very discreet though).

These staterooms are larger and allow a wheelchair to turn 180º. The stateroom doors are all electric, simply touch the hand pad outside (or inside) and the door opens for you, and stays open long enough for you to get in or out.

On the door itself, not just one, but two spy holes, one at the normal level, and one lower for use from a wheelchair.

The bathrooms are larger with no steps or barriers of any kind, and the shower is made so you just wheel in and use a built in seat. Even the wash basin is lower, and the mirror angled.

Hand rails are place in all the right places and there are alarm buttons on long cords in the stateroom and bathroom if for any reason you might need to call for help. Yes, they have put a lot of thought into the design.

On the pool deck, there are hydraulic lifts for one pool and one whirlpool. I noticed one gentleman stop in his wheelchair, and within seconds, four attendants were there to help him onto the lift.

Later we chatted in the pool as we both swam, and he was delighted with the level of service and the thought that had gone into the design throughout the ship.

This made us even more curious, so we spoke to another wheelchair user, who also explained how he was able to use all the facilities on the ship, and take trips as there was always assistance to get a wheelchair on and off at each port.

We also noticed that all the toilets in the public areas around the ship also had the electrically operated doors for simple entry and exit.

Even the theatre has special areas for wheelchairs.

For visually impared guests, Braille signs have been incorporated in all the important places, and they can even board these guests early so they can attend an 'orientation' tour to familiarise themselves with the ship.

For those who are hard of hearing, a portable room kit in your stateroom is available upon

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# have special needs? Yes

request. It includes a visual-tactile alert system that provides alerts for door knocking, telephone ringing, alarm clock and smoke detector. TTY keyboards that interface with the guest relations office are also available as are a host of other services.

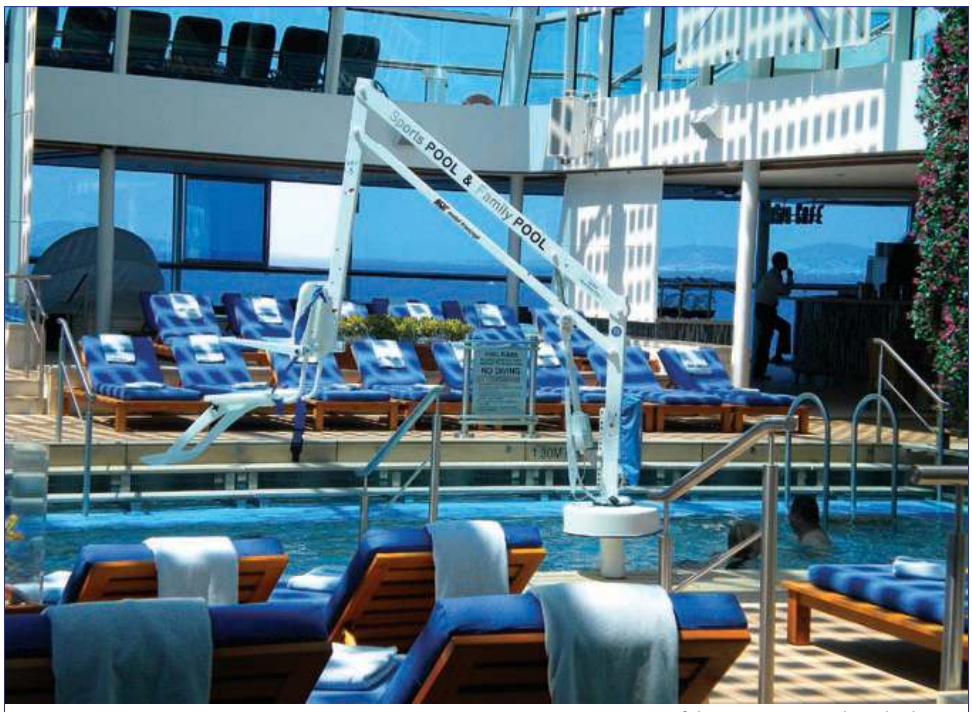
In each port of call there are facilities to get anyone with special needs on and off the ship, so you won't be confined on board at any of the ports. If you require help, it is there within minutes, you won't miss out on anything (unless you want to).

So don't think that if you have special needs, you can't enjoy (and I really mean enjoy) a cruise.

As a first step call the representatives for Portugal, Melair on tel. 210 329 416 (in English) and they can tell you exactly what services are available and on what Royal Caribbean and Celebrity Cruises ships.

I asked one wheelchair user if he had any complaints. He smiled and said yes, some of the carpets are bit thick for his wheelchair, and then laughed as that was all he could fault them on.

So hats off to Celebrity Cruises and Royal Caribbean for being at the forefront of making their newer ships so 'special needs friendly'. *P.L.*



One of the swimming pools with a hoist.

Photo: Embossed holiday tags for the blind from: www.etsy.com/shop/oldtomfoolery or www.fashionlovespeople.com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# A pain in the back

As a new survey reveals that in the UK 75% of GPs want employers to take action to address back pain, Lisa Salmon looks at why more than 10 million working days a year are lost because of musculoskeletal problems and ask the experts what can be done to relieve the suffering often caused by long hours sitting at a desk.

Every day, more than 350,000 members of the UK working population are on sickness leave due to a back problem.

As the second most cited reason for absence from work, it's estimated that 80% of people will experience back pain at some time during their lives.

In most cases the trigger will never be determined - but the reality is that work often contributes to the pain.

Certainly, a recent survey of GPs found that 75% thought employers needed to take more action to address the cause of back pain in the workplace.

But whether the problem stems from long hours sitting at desks, bad posture while working, heavy lifting or stress, a recent report by the makers of the back support Dynaspine revealed that more than half of sufferers will turn to painkillers to ease the pain.

Physiotherapist and biomechanics coach Martin Haines warns that it's important for back pain sufferers to try to address the reason for their problem, rather than trying to mask the pain and hoping it will go away.

"Research indicates people are treating the symptoms, not the cause of back pain," he says.

"By making a few simple changes in the workplace and at home, the chances of back pain can be reduced."

Such changes might include manual workers being trained to use aids and correct lifting techniques, while office workers are encouraged to set their desks according to the correct guidelines and take regular breaks.

Haines explains: "The back isn't designed to be static - a lack of movement can result in back pain even in a healthy spine."

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work desk or behind the wheel of a car without the appropriate support and movement can cause musculoskeletal problems."

Back pain can occur in any region from the base of the skull to the hips, and is usually a symptom of stress or damage to the supporting structures in the spine - such as ligaments, muscles, nerves and discs.

Symptoms may be as varied as a constant muscle ache or an acute piercing or stabbing pain, or there can be a feeling of something going 'click' in the lower part of the spine.

Pain may start as a twinge, but then get rapidly worse, until every movement is painful and mobility restricted.

When back pain is caused by the irritation of nerve roots, it often radiates into the thigh, and may be accompanied by other symptoms such as weakness, tingling and numbness.

Pain is not usually caused by an underlying condition, and in most cases nothing is permanently damaged. These cases are called simple or non-specific back pain, and the majority (90%) of sufferers recover completely within six weeks.

There's no doubt that in many cases, working conditions aren't helping employees with bad backs.

Sash Newman, chief executive of the charity for healthier backs, BackCare, says: "Back pain costs more in terms of time off and lost production than almost any other health problem in the workplace.

"That's why workers and employers should take the problem of back pain seriously."

To help both employees and employers affected by back pain, BackCare has produced the healthcare information pack, Work it Out.

It includes the latest advice on correct procedures for sitting, typing, lifting, and moving heavy objects, plus information on the causes of back pain, the law in the workplace, and reducing the risks.

The charity is trying to persuade employers to recognise the problems surrounding back pain so they can help sufferers and ensure they remain productive members of the workforce.

It has also drawn up a checklist of measures which human resources departments can use to help prevent back pain. It includes organising educational events to show workers how to look after their backs, training on correct manual handling and lifting techniques, and promotion of exercise through discounted fitness club memberships.

In addition, the charity wants employers to be more understanding of people suffering back pain by altering their work hours or shift patterns.

"Often any changes made are short-lived, as most people will recover relatively quickly from a back pain episode, or they will learn to manage it so it doesn't interfere with their work," stresses Newman.

In many cases, staying active and continuing with usual activities - as much as possible - will actually encourage healing.

Simple treatment options include taking painkillers, or using hot or cold compression packs. And in most cases, especially when pain is severe and persistent, it's important to seek medical advice.

Treatment will usually depend on the underlying cause of the condition, and therapies such as physiotherapy, osteopathy and chiropractic, as well as massage and pain clinics, are options.

## Real life pain

Mike Johnson, 49, has suffered with crippling back pain since his early twenties, when he drove all over the country for his job as a sales rep.

"It got so severe that I was unable to sit at a desk or drive for longer than two hours, and had to take time off work on numerous occasions," he remembers.

He now works as a sales and marketing director, and uses a back support to help ease his pain.

"It's always underlying, but there are times when it gets worse - notably when I'm sitting in front of a computer for long periods of time."

"In all the years that I've had this bad back, I've tried everything, often relying on painkillers to get through the week."

"But that's only ever taken the edge off the pain."

## Back pain - Fast facts

• Back pain accounts for 4.1 million lost working days in the UK, and costs the economy an estimated £5 billion (€6 million) through sick pay, lost revenue, healthcare and benefits.

• A new survey of 8,000 British people, by the makers of the back support Dynaspine, found that 62% blamed long hours sitting at desks for causing back pain at work, 42% cited bad posture while working, 26% said that heavy lifting was to blame, and 19% said stress was the main factor.

• Back pain is more likely to develop if you stand, sit or bend down for long periods; lift, carry, push or pull loads that are too heavy; lift in the wrong way; have a fall; are stressed, and/or overweight.

The BackCare information pack Work it Out can be ordered from www.backcare.org.uk.


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# Are you baffled?

Being asked tough questions is part of being a parent says Lisa Salmon

But just because the questions are posed by a child doesn't necessarily mean mum or dad can answer them - particularly, it seems, when they're science-related.

New research shows that although most parents have a good understanding of scientific principles, around half of 1,000 mums and dads surveyed couldn't correctly answer all of a series of questions such as 'why does a cruise ship carrying 400 people float?' and 'why do your hands and feet go wrinkly in the bath?'.

The research, conducted for Shell UK on the social networking site Mumsnet, found that 18% of parents avoid talking to their children about science, and only 32% regularly talk to their kids about how science works in everyday life, such as explaining why steam comes out of a boiling kettle.

The poll also revealed that the questions parents most dread being asked are:

- Why is the sky blue? (29%)
- Why does the car work? (21%)
- Why can birds fly? (15%)
- What is water made of? (10%)
- How do fish breathe? (9%)

The infamous 'where do babies come from?' question was only dreaded by 1% of parents.

The vast majority of parents polled (99%) recognised that talking to children about science at home makes a 'significant or massive' difference to their progress at school.

However, reasons given for not having regular science conversations with children included feeling under-qualified due to poor grades at school (18%), not understanding science (15%) and a lack of available information (12%).

The research was commissioned by the Shell Education Service, which supports science education through science workshops delivered to over 60,000 UK primary school children every year.

Former primary school teacher Meg Post, who now teaches primary-age children at Shell Education Service science workshops, says many parents don't initiate basic science conversations because they're afraid of giving the wrong answers to questions.

"It's not really a question of the right answers," she says, "you can look those up together.

"It's about introducing a new way of thinking to your children.

"Even expert scientists have areas of science where they don't know the answers - it's a very big field."

She stresses that if parents do know the answers to questions, they may need to be 'watered down' so the child understands them.

"You can't water it down so much that it's inaccurate though," she warns.

"You need to choose your material well, and it's much easier to start with something that's in front of you, and work on that.

"Everything that goes on in a kitchen could be linked to science, like steam coming off a boiling pan.

"It's in front of parents and children all the time, and very accessible."

To help parents kick-start science conversations with children, Shell has created a free online booklet of kitchen sink experiments for parents, Activate.

The booklet contains a series of easy experiments that parents and children can try at home, including growing crystals, creating a home version of the spin dryer, and building an explosive soft drink fountain, courtesy of a fizzy drink and a few mints.

Post says: "The booklet contains experiments that you can do at home, and that you might have noticed at home.

"From that you can look up what's happened at a level that's accessible to your child."

The teacher stresses that science is an exciting subject that needn't be daunting, and says: "We need scientists and engineers for the future, and we need to start them young with an interest in science, and without a fear of it."

"It's a fascinating field, and it's so essential that children take it up."

She suggests that parents try the experiments with their children in the summer holidays, and stresses: "Children have a natural curiosity about the world around them that you should foster from when they're very tiny."

"Prompt your children's curiosity, try things out - especially if you don't mind making a bit of a mess occasionally - and enjoy them together."

Rachel Foster, associate editor of Mumsnet, adds: "Some parents worry about giving the wrong answer to some of the more difficult science questions asked by their children, and as a result are avoiding discussing the subject altogether."

"Mumsnetters are always looking for fun and educational things to do with the family, particularly over the long summer holiday, and the booklet presents a great opportunity for families to learn together while also having fun."

:: The Activate booklet can be downloaded by visiting www.shell.co.uk/ses.

# All white now

Lisa Haynes tell us to look white hot in this summer's must-have colour.

If ever there was a monochromatic fashion duel, black would win hands down.

But this season, if the catwalks are anything to go by, white is fighting back to reclaim its style crown.

White may be regarded as the least flattering of the two Yin and Yang colours, but it's no wimp when it comes to making a dazzling impression.

Bright whites ruled the spring/summer runways. Yves Saint Laurent, Jasper Conran, and Lacoste all made a stark impression with top-to-toe whites, while Gucci and Calvin Klein showcased white hot statement pieces with architectural dresses and sharp blazers.

In contrast with the multitude of shades on any fashionista's colour chart, white is the ultimate palette cleanser.

From slick, modern, and masculine, to floaty, ethereal, and romantic, there's more than one way to wear the shade this season so prepare your washing machine for a white wash overload.

Observe the most flattering ways to wear white and shake up your wardrobe with summer's hottest colour trend.

"This season everyone can wear white, you just need to know which shades and fabrics work for you," says Fiona Wellins, Colour Me Beautiful image consultant (www.colourmebeautiful.co.uk).

Say goodbye to black and give a style salute to the power whites.

## Which white

White doesn't always have to be Daz-like bright to rival the washing powder commercials.

It's the whiter the better for minimalist sharp tailoring but if you favour girly ruffles, lace, and broderie anglaise, an off-white shade will be much more in keeping with the romantic trend.

Be savvy with your white shopping to find a shade that suits you. Hold the garment under your face to ensure the colour complements your skin tone.

"Pure, bright whites suit cooler skin tones and softer whites flatter warm skin tones," advises Fiona.

## Fabric finesse

Fabric is all important in how you flaunt your whites to the world.

"A sheer fabric such as chiffon or a very light jersey creates a more delicate look, perfect for light blondes with fair complexions, for example," Fiona suggests.

"A heavier fabric creates a bolder, intense white which stronger colourings with dark hair and dark eyes will carry off well."

If you favour super-sheer whites, remember to consider what you're going to wear underneath.

A body or vest in matching white will emphasise your commitment to the colour through layering, but if you want your white clothing to remain the star attraction choose skin-tone underwear, which will be virtually undetectable.

## Flatter figure

Black may scoop the prize for its slimming properties but, worn in the right way, white has more of an impact.

Fiona says: "Think about the look you are trying to achieve - white is striking and draws attention so a shiny fabric will make it even more eye-catching whereas white lace will soften the 'hard' quality of the shade."

Take your body shape into consideration, too. Crisp tailored whites as seen on the catwalks at Calvin Klein and Osman work best on neat hourglass and rectangle body shapes but may be too stiff for curvier body lines.

Fuller figures should choose more fluid fabrics like cotton, silk, and chiffon, as sported at Stella McCartney and Lacoste.

## White-on-white

Designers made white the shade to be seen in this summer via their tone-on-tone styling, virtually overdosing on white, white and more white.

Jasper Conran's models even had white shoes and handbags to accessorise their top-to-toe white ensembles.

For a more subtle, wearable way to work the all-white trend try layering sheer whites.

"What in the past may have been a fashion no-no is encouraged this season; you can mix whites in different shades and fabrics such as a soft white jersey top with crisp white denim jeans," Fiona suggests.

"You can mix cream with white, which is good news for redheads as white doesn't always flatter their rich warm tones."

white eyelet vest(www.dorothyperkins.com).

## Extra white

Don't panic if you want to dip your toe in white waters but don't want to drown in the white rapids deep end.

Neutral tones mixed with white add instant softness but will still give you a clean cool summery vibe. Opt for accessories in tan or skin tone shades to maintain a flawless look.

Jewellery and embellishment will give you a modern futuristic edge and break up the white overload.

"If you want to dress up your whites, add metallic jewellery," Fiona advises. "Think silver for 'cool' colourings and gold for 'warms', or mix both together but wear more of the metal that suits your skin tone."

Hush Puppies Maiden white wedges, (www.hushpuppies.com).

Acclaimed Chef Bernard Luciana (left), with sommelier extraordinaire Paulo Monteiro.

# 'Perfect Pairings' by Le Meridien Penina

A new gastronomic experience has been created by the Le Meridien Penina hotel and golf resort, Alvor, in which diners can enjoy a night of culinary excellence, specifically designed to set off a selection of wines, handpicked to be the event's centrepiece.

Generally, when dining out, drinks are picked to suit the dishes.

But not at Le Meridien Penina.

Le Meridien Penina likes to do things slightly differently.

Acclaimed Chef Bernard Luciana, who has been dishing out culinary masterpieces at the five-star hotel for nine years, is set the challenge of creating a multi-course menu specifically tailored to complement the variations of wine featured in the event (each 'pairing' evening is dedicated to a different make of wine), which he does with gusto and flair.

In turn, the history and characteristics of the wine are explained in great detail, in both English and Portuguese, throughout the dinner by a professional sommelier with in-depth knowledge of the brand being showcased

The second 'pairing' evening was held last month, on July 23rd, and featured an outstanding menu of fresh flavours and local produce that made the wine even more exciting.

The wine featured that evening was Aveleda, presented by sommelier and knowledgeable wine buff Paulo Monteiro.

The menu kicked off with an amuse bouche – a ceviche of prawns with lime and pineapple, which was matched with an Aveleda Follies – Alvarinho 2008, a delectably zingy, fruity pairing. This was followed by a more subtle steamed lobster with fresh tarragon and curry foam, set off by an Aveleda Follies Chardonnay / Maria Gomes 2007.

Next on the (pretty impressive) menu was a red wine risotto and 'Sot-l'y-laisse' of farm chicken, matched with a sweet and spicy Aveleda Follies Touriga Nacional / Cabernet Sauvignon 2004, followed by a char-roasted rack of milk fed veal (a must-try on any meat-lovers' list) with mole sauce, perfectly balanced with a deep, sultry and very grown up Grand Follies 2003.

For those who still had room, the menu was round off with a Zabaglione of wild berries, matched with a naughty little Adega Velha *aguardente* (firewater), and, for those who appreciated it, a Montecristo No.4 cigar.

Priced at €39 per person, the 'Perfect Pairings' events are indeed very good quality for money as well as making for a unique educational and gastronomic experience.

***Le Meridien.***

For more information on upcoming Pairing events, contact Le Meridien Penina on: (+351) 282 420 200, or see website: www.lemeridien.com /penina.

Char-roasted rack of milk fed veal with mole sauce, perfectly balanced with a Grand Follies 2003.

# Think outside

Sarah O'Meara gets to talk to the cutest TV Chinese chef around, Ching-He Huang, gives us the low-down on how to cook east-meets-west fusion food, ways to turn your daily dinner into an Asian-inspired culinary adventure, and where she goes to for recipe inspiration.

If you've ever eaten at a great Chinese restaurant and had your tastebuds tickled by sizzling noodles with fresh lemongrass and ginger, you'll know that Asian cooking, at its best, can be pretty hard to beat.

Yet TV chef and author Ching-He Huang, who has just published her new recipe book China Modern, says she's still fighting to change perceptions about Chinese cooking.

"People think it's quite difficult to do, and that's a misconception," she says.

"These days, many people can rustle up a bog standard stir-fry, but they'll still shy away from trying dumplings, or Chinese-style bread."

Although the chef claims that Chinese cookery is easy, she does admit that if you're serious about doing it well, you'll need to get your cupboards in order.

Ching-He suggests investing in about 12 main ingredients, which include groundnut oil, rice vinegar, fish sauce, soy sauce and five-spice powder.

"Once you've mastered the basics," she explains, "you can improvise. That's when it gets exciting. You'll use a light soy sauce to make it more salty, chilli to spice it up, and rice vinegar for zing!"

In order to keep her recipe ideas fresh, Ching travels as much as she can.

"Last time I was in south-east Asia, I saw a street vendor cooking oyster omelettes. I went away and thought about how I could use that idea. I realised that, while it might not be so easy to get the ingredients in Britain, I could still use eggs, and add spicy ketchup for the flavour.

"I always get different ideas when I'm travelling and sometimes I get annoyed with myself, because I can't switch off from it!"

In her latest cookery book, Ching's even thought of ways to fuse English and Chinese cuisine.

Her dishes include Chinese Chorizo, Roast Sweet Pepper and Cherry Tomato Melt and Pan-fried Scallops with Crisp Parma Ham.

"I look at traditional Chinese dishes first, then introduce western elements," explains the chef, whose cupboards are filled with English staples including mustard and baked beans.

"Minced lamb, aubergine, and chilli, are all found in Chinese dishes in the Sichuan region," she says.

"I then decided to stuff them in a roasted pepper, fusing east and west."

See if you think Ching's brand of "modern chinese" works for you...

China Modern by Ching-He Huang, published in paperback by Kyle Cathie, priced £14.99 (€18). Available now.

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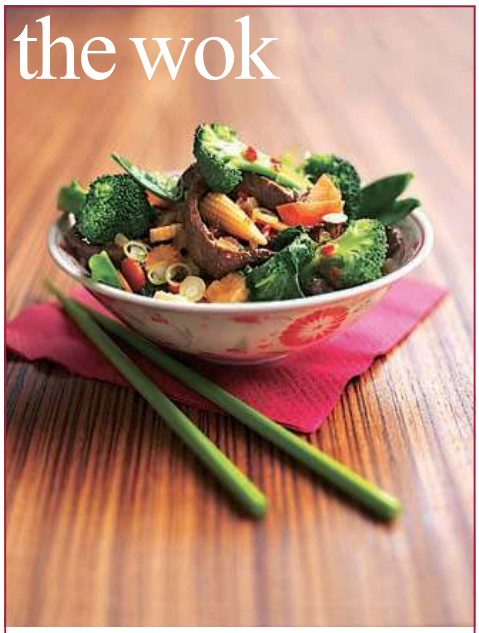
# the wok



## Sichuan pepper beef with five-a-day vegetables and five-spice gravy

(Serves 2)

**Preparation time:** 10 minutes, plus marinating
**Cooking time:** 20 minutes
2 sirloin steaks, cut into strips
2 tablespoons groundnut oil
1 medium red chilli, deseeded and chopped
1/2 onion, chopped
1 small handful broccoli
1 small handful chopped mangetout
1 small handful chopped carrots
1 small handful chopped baby corn
300ml hot fresh beef or vegetable stock
1 tbsp light soy sauce
1 tbsp cornflour blended with 2 tablespoons cold water
1 spring onion, finely sliced
Salt and ground white pepper
For the marinade:
1 tbsp shaosing rice wine or dry sherry
2 tsps ground Sichuan pepper
1 tsp dark soy sauce
1/2 tsp Chinese five-spice powder
2 garlic cloves, crushed and finely chopped

Mix all the marinade ingredients in a bowl and marinate the beef for as long as possible, overnight is best.

Heat a wok over high heat and add the oil. Stir-fry the marinated beef for 2 minutes.

Add the red chilli and onion and stir fry for less than 1 minute then add the rest of the vegetables and stir fry for 1 minute.

Add the stock (it needs to be hot) and mix well. Season with light soy sauce. Bring to the boil, add the blended cornflour and stir well.

Add the spring onion, season to taste and serve with Jasmine Rice.

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I popped in for lunch with a colleague and we decided to share a pizza. Unfortunately, we were unable to agree on the extensive mouthwatering choice of toppings and as a consequence António offered the ideal solution, one half to my taste & the other to my dining partner's. I opted for fresh spinach and parmesan & my special request for one or two anchovies did not prove to be a problem, my colleague chose bacon and egg. Although daunted by the size of our pizza when it promptly arrived bubbling and crispy, we somehow managed to leave not a crumb on the plate.

My only regret is that I enjoyed lunch and not dinner at this superb restaurant as a bottle or two of Chianti would have complimented my dining experience to perfection.

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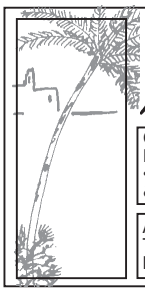

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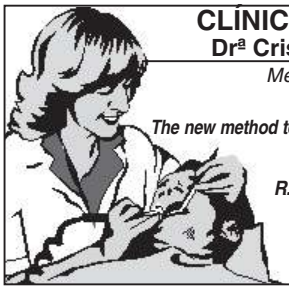

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Tel: 282 380 335

**JYSKE BANK (GIB) LTD**
Private Banking
Tel: +350 606 33322

**THOUSAND MARKETS LDA**
Mortgage brokers
Tel: 213 866 109

**O'NEILLS MORTGAGES**
Independent Brokers
Tel: 289 301 866

## Health & Beauty

**HOPE FARM RETREAT**
Addiction Treatment Retreat, Elvas
268 688 097

**CENTRO ACTIVO**
Health care & Mobility rehabilitation
Tel/Fax: 282 422 104

**CENTRO AUDITIVO DE TAVIRA**
Hearing Centre, Tavira
Tel: 289 090 663 / 913 796 640

**CRIS PIESSENS DENTAL CLINIC**
Albufeira
Tel: 289 589 080

**CLÍNICA DENTÁRIA**
Dra. Cristina Fernandes (Dental Clinic) Lagoa. Tel: 282 342 920

**D. CONCEPT CLINIC**
Dental Clinic Lagos
Tel: 282 763 496

**DENTAL SURGERY**
Ma Partilha
24hr call out Tel: 282 496 374

**DR. FRANCIS HALEY**
Dental Surgeon, Cascais
Tel: 214 863 012

**HAPPY FEET**
Treatment of feet, Alvor
Tel: 966 237 330

**MONTE DA PALHAGUEIRA**
Retirement Village, Stª B. de Nexe
Tel: 289 990 900

**PERFECT SMILE**
Dental Clinic, Portimão
Tel: 282 457 018

## Heating & Cooling

**DOMUS HEATING**
Underfloor heating, Boliqueime
Tel: 289 322 852

**FIRES OF PORTUGAL**
Wood burning & Gas Fires
Tel: 289 489 958

**MISTER COOL**
Lagoa
Mob: 917 175 818

**SACL**
Alcantarilha
Tel: 282 314 190

## House Renovations

**JENSEN PORTUGAL**
Boliqueime
Mob: 964 739 566

## Interiors

**ALGARVE CURTAINS**
Curtains, cushions, bedcovers, Ferragudo
Tel: 282 493 238 Mob: 964 677 699

**THE LINEN STORE**
Home textiles
Tel: 282 760 770 Mob: 914 207 649

**BEDSPREADS FACTORY OUTLET**
Soft furnishings, Lagoa
Tel: 282 353 244

**BEDROOMS EXTRA**
Beds, sofas & dining, Odiaxere
Tel: 282 762 383.

**HOME**
Poolsan, Glass & Heatwafers, Lagoa
Tel: 282 353 022

**IDEAL LIVING**
Loulé
Tel: 289 398 573

**LUZ DECOR**
Interior Decor, Praia da Luz
Tel: 282 789 849

**MÓVEIS MALHEIRO**
Furnishings, Portimão
Tel: 282 491 583

**STYLE FURNISHINGS**
English beds, Vale de Lousas
Tel: 282 322 291

## Landscaping etc

**HARVEYS OF LOULÉ**
Garden Construction, Loulé
Tel: 289 412 462

**Q GARDEN**
EN125 Odiaxere
Tel: 282 799 633

## Motoring

**TYRES R US**
Repair, service & upholstery, Lagos
Tel: 282 799 263

## Office supplies

**AA PC SURGERY**
Everything in English
Tel: 707 940 332

**ALGARVE LAPTOPS**
English laptops / PCs & support
Tel: 282 312 044

## Opticians

**OPTICA ORBITA**
Fashionable quality optician, Loulé
Tel/Fax: 289 411 777

## Pets

**VIP VETERINARY SURGERY**
Lagos
Tel: 282 782 282

## Pools & Building

**BUILD 4 U.**
Construction etc.
Mob: 919 356 749.

**DIGGER HIRE**
Construction & land clearance
Tel: 917 316 211

**IBERIA BLUE**
Pools & Equipment
Tel 282 761 116

**JOÃO NUNES**
Building your home
Tel: 289 417 867

**LIMPALUZ**
Swimming without chlorine
Tel: 913 878 057

**MESTRE CONSTRUTIVO**
Insulation, pools & construction
Tel: 289 422 525

**POOL SAFETY FENCING**
Mob: 919 892 518
poolfencing@aol.co.uk

**PURE POOLS**
Pools & Equipment, Lagos
Tel: 282 760 033

**ROCOCCO**
Tiles, Barão de São João, Lagos
Tel: 282 764 035

**SAL ÁGUA**
Pool covers & equipment, Almancil
Tel: 289 992 281

**SOLAR SAFE POOL COVERS**
Most cost effective way of pool heating
Tel: 963 346 631

**WALL2WALL CONSTRUCTION**
Construction - Albufeira
Tel: 289 508 075, 962 848 744

## Property Agents

**LAND & HOUSES**
Yellow Homes - Real Estate, Tavira.
Tel: 281 320 281

**ALGARVE MANTA**
Properties, Manta Rota
Tel: 281 952 820

**ALGARVE PROPERTY CENTRAL**
Vilamoura
Tel:289 310 310

**ELLY VAN HULST**
Between Loulé and S. Brás
Tel: 289 842 992

**KASAS**
Algarve Property - Vilamoura
Tel: 289 310 310

**PALM PROPERTIES**
Carvoeiro
Tel: 282 352 100

**SORAIA SANTOS**
Real estate, Vilamoura
Mob: 962 014 793

**VILLAS LUZ LDA**
São Martinho do Porto
Tel: 262 989 452

**VENDAVILLA**
Real Estate, Vilamoura
Tel: 289 314 486

**SILVER HOLIDAYS**
Real Estate, Vilamoura
Tel: 289 314 312

## Property Services

**PROFILIMPO**
Drain Cleaning Specialist, Budens
914 145 117

**PVC TECH**
Lagoa
Tel: 282 343 325

**CHEMDRY**
Carpet & upholstery Cleaning, Loulé
Tel: 289 092 624

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Tel: 917 316 211

**THE DRAIN DOCTOR**
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Tel: 289 425 480

**GFS METALWORK**
Gates, grills etc
Tel: 282 449 270

**PROPERTY AUCTIONS**
Market your property privately
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Professional property management
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**ALGARVECARPENTER.COM**
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**VILLA GATES**
Manufacture & refurb
Mob: 912 642 477

**HOFHOUSE PORTUGAL**
Construction Technology, Algoz
Mob: 918 683 213

## Removals & Delivery

**AIM**
Removals & Storage
Tel: 282 799 141

**FREIGHT SOLUTIONS**
UK
Tel: 0044 1268 287 979

**NEIL & EMILY RICHARDSON**
Tavira
Mob: 939 486 870 Tel: 281 963 191

**STORAGE**
U-Store Self Storage, Chinicato
Tel: 282 798 490 Mob: 917 010 365

## Retail & Food

**COLLECTIONS**
Ladies fashion, Alvor
Tel: 282 476 574

**FI-LINE FASHIONS**
Fashions, Armação de Pêra
Tel: 282 312 936

**GUYS & DOLLS**
Kids Shoes & clothes, Almancil
Tel: 289 358 014 933 326 471

**LET THE MAGIC IN**
British supermarket, Algoz
Tel: 282 575 061

**MA MAISON & PICA PICA BOUTIQUE**
Furniture & Fashion, Lagoa
Tel: 282 381 468

**THOMAS GREEN**
UK Goods - Olhos de Agua, Albufeira
Tel: 289 541 119

## Security

**VILLA WATCH-SECURITY**
Vilamoura
Tel: 289 380 428

## Satellite systems

**SKYNET**
Satellite systems
Tel: 964 890 260

**TV AUDIO TEC.**
Satellite TV - Algarve
Tel: 289 821 911

**MARC ELECTRONICA**
Satellite, TV, Audio & Video, Portimão. Tel: 282 410 400

## Travel

**VIP CHAUFFEURS**
Airport Transfers, Lagos
282 695 074

www.theportugalnews.com

# WHERE TO WORSHIP

## Lisbon

**OCEAN CHRISTIAN COMMUNITY** - International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. Tel 21 9282019

**BAPTIST MISSION - Esgueira (Aveiro)** Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

**RIVERSIDE INT. CHURCH** ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Qta do Junqueiro, 2775-584 Carcavelos. Sunday at 10:30 in English

**THE DOOR** Christian Int. Church Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, Sunday 10:30am & 7:00pm. Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 (Church of England). Rua S.Jorge. Enter through British Cemetery gate opp Jardim da Estrela. Service 11.45am Sunday. Tel. 21 4692303.

**ST GEORGE'S CHURCH;** LISBON (Church of England). Av. S.Jorge 6 (north of Estrela Gardens). Service 11.45 am every Sunday. Tel. 21.4692303.

**ST PAUL'S CHURCH, ESTORIL** (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 10.00 am every Sunday. Tel. 21.4692303.

**ST. MARY'S, S. PEDRO DO ESTORIL** 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Arriaga, 13, Lisbon: Sun. 11.00. Bi-lingual Sunday school & creche is available. Minister's Tel: 214 837 885, www.standrewslisbon.com

**CASCAIS INT. CHRISTIAN CHURCH** Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30. An int. evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

**THE SALVATION ARMY, LISBON** Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

**LISBON SYNAGOGUE:** Rua Alexandre Herculano 59, Tel 213 931 130 Fax 213 884 304 e-mail: celesboa@mail.telepac.pt

**IGREJA BAPTISTA** de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 Prayer and Bible Study:Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm).

## The Algarve

**ALL SAINTS ANGLICAN CHURCH, ALGARVE** Holy Communion every Sunday. **Almancil** 10.30am with Adventurers at Almancil Community Centre (ASCA). **Lagoa** 6pm at Lagoa Convent Chapel. www.allsaints algarve.org or 282 380 311.

**ST VINCENT'S ANGLICAN CHURCH** C of E. Sundays: 9.30am Igreja N Sra de Fatima, N125 between Quatro Estradas & Almancil, 11.30am St Luke's, Gorjões, 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos 918824584. www.stvincentsalgarve.org

**THE SALVATION ARMY** in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, n° 19 (next to the Market).

**INT. CHRISTIAN FELLOWSHIP** Rua N.S.do Amparo (just off Avda 25 de abril) in "The Bridge" rooms, Cedipraia Shopping Centre. Worship Sundays at 11am. Sunday School for children in English & Portuguese. For more info call 282 461 985 see <www.coaa.co.uk/icf.htm>

**INT. COMMUNITY CHURCH** in Lagos invites you to attend its services in English Sundays 10.30am. Newfrontiers Sunday School 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

**INT. EVANGELICAL CHURCH OF THE ALGARVE** Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. Blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Creche and Sunday School. For further information: 289 328635.

**CHURCH IN LAGOS.** Sundays 10.30am at 14, Praca Luis de Camoes.In the historical building, upper room, in the centre of the old walled city of Lagos. Messianic Assembly. Our mission Math: 28 v 18 to 20. Contact Stefan Saunders (Pastor) 963 165 983, stefanjsaunders@yahoo.co.uk

**LAGOA CHRISTIAN FELLOWSHIP,** English Speaking Calvary chapel of the Algarve, Christ Centred study of the Bible and modern worship, Sunday school available for toddlers to teens. Sunday services 11am Midweek study 8pm Wednesdays. EN 125 Porches Retail Park, Vale de Lousas, Alcantarilha. Tel: 282 381 347 Pastor Gary O'Connor. www.lagoafellowship.org for more information

**TAVIRA CHRISTIAN CENTRE** Meetings in English, Sundays at 10.30 am at Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar)
Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

**RESGATE DE VIDA, LAGOS,** Raising up a new generation according to EPH.4 v 11-12, Church with a Brazilian Flavor. Portuguese speaking, Children Welcome. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962934005

**SALVATION ARMY** Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

**ALL NATIONS**, Todas as Nações, All welcome, contempory worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Luke and Shelley 913362221

**EREV SHABAT -** For services Tel: 282 416710

**JEHOVAH'S WITNESSES** - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembeiro Sarrea Prado, Portimão (Next door to the University). Sunday 10.30am. School Thursday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. ALSO Sitio de Lagoas, Edifício Space Beautiful, Av 25 April. Ferreiras Albufeira. (Sunday 10am. School Wednesday 7.45pm Tel: 282 339 372.

## Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto.** A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO.** Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. Caldas da Rainha

**ANGLICAN EVENING WORSHIP IN ENGLISH**. On the **SECOND Sunday of each month,** 6:00pm in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29, between Caldas da Rainha railway station and Pingo Doce. NB now *Second* Sunday monthly.For details please phone 262 881 393.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche,Óbidos. Sunday 11am (1st & 2nd Sunday of the month).

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## Announcements

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**CANCARE MEETINGS** Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.

**CASA - IS** a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have and annual trip to Spain or within Portugal, plus other activities. Open o everyone. For more information and a sample newsletter give Mary a call on 282 357 275.

**WEIGHT WISE** slimming group meets weekly in 3 locations & helps you to loose weight following a well known, successful weight loss program. Meetings details are as follows:
Tuesdays 10.30am - Browns Sports & Leisure Club, Vilamoura
Wednesdays 11am-Mikki F Studio, Algoz
Thursdays 10.30am-Restaurante As Aves, Ladeira do Vau,PortimÃƒÂ£o
Thursdays 7.30pm-Mikki F Studio, Algoz. Cost is 20 euros per month or 6.50 euros per week. There is no joining fee.You can contact me on 939536347 or e mail wendyweightwise@yahoo.com for more details.

**URGENT APPEAL** from Centre Algarve (24x7 Special Needs Holiday Trust) Reg Charity 1136059. We urgently need donations of unwanted Gardening and building tools. Do you have any tools or equipment lying around which we could use at our exciting new project? We are also desperate to loan a cement mixer or heavy duty strimmer/scrub cutter. If you can help in anyway please contact: Tom 962 812230 anytime (we can collect) www.centrealgarve.org

**LATIN AMERICAN** dancing for Adult beginners commencing Tuesday 07th September at 07.30pm at Quinta Fonte do Bispo. Contact 281971484 or 289849229. Walk In and Dance Out

**CAR BOOT SALE** held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the Veterinary clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfred on 919886955 or contact us on our website www.roscofoundation.org for more information.

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## Business Opportunities

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## Caravans & Motor Homes

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## Charities

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or Happyhounds@mail.telepac.pt for info.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson962 633 811, for details of our work for animal welfare. Please help.

**TAVIRA TREASURE** Charity Shop. Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, Come and bring clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30–4.30 and Saturdays 10.30–12.30. Phone 917872559/ 913617991 for further details. Volunteers needed so we can open more frequently.

**CHARITY BOOK** Sale & Coffee Morning. 2,000 nearly new paperbacks at 60c. each. All proceeds in aid of The Boy's Home in Faro. Friendly atmosphere in pleasant surroundings. Every Friday from 10am to 12 noon, in the Village Hall, Monte da Palhagueira, Gorjões, Sta. Barbara de Nexe. Info. Tel: 289 990 901.

**ALBUFEIRA ABA** Charity shop,41D Avenida do Ténis, open Tuesday to Saturday 10h30 until 2pm.(next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriageway. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

**APAA CHARITY** Shops. Cerro Grande, Albufeira, Monday to Saturday 10.30 am to 2pm; Dunas do Alvor, Tuesday to Sunday 10.30am to 2pm; Rua da Mesquita, Silves, Tuesday to Saturday 10.00am to 2pm. Good quality clothes, books, jigsaws, bric-a-brac, etc. Stock and new volunteers always welcome. Help us to help abandoned dogs and cats.

**DO YOU** have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and we need you! For more information, call Susan at 918575533.

www.theportugalnews.com

**CHARITY SHOP**, Montechoro, Albufeira (behind chemist´s) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

**NEW CHARITY** Shop opened in Guia, situated one way street 3 doors up from Restaurant Atlântico opposite carpark. Open 10h30 to 18h30 except Sundays. Books, clothes men and women, kids and babies toys and clothes, and many more quality items. We help feed and castrate street animals. For more information please call 912 744 352.

**ASSOCIATION BIANCA**, a registered Portuguese charity that runs an animal shelter near Lisbon (see more on www.bianca.pt/english) invites you to its online charity shop: http://www.fazendoanimaisfelizes.blogspot.com/You can buy or you can donate. Either way, you are helping to feed 250 dogs and 50 cats."

## Dining Out

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## Education

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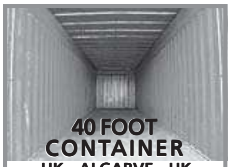

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# A week in a life of the Cobley Pack.

I must apologize for borrowing some of the title idea from the Sunday Times magazine. UK Memories---Sunday mornings, cuppa and ginger biscuits and the last page of the magazine to read! My Son Paul always makes sure I get the Sunday Times treatment when I go to stop with him. I do enjoy the whole idea of ploughing through the Sunday Times---not the same on the internet!.

Still I digress! I was going to relay the fun and games of a week we have had.

Some will remember that Merlin has been at Laura's for 16 days whilst the girls complete their seasons. I finally decided that Weds was day 29 from start of season so arranged to collect Merlin. I should point out that Merlin has spent a fun time with Laura as usual and been swimming all the time. So hardly a normal kennel existence, yes he slept in one but that was it.

Monday was spent at the shop with Cassie, it is always good to meet the clients. Cassie is I have to admit a joy to take anywhere---except rings with Judges!! She is useful to demonstrate products and is quite useful, to demonstrate her 'sit, stay' and Cassie come' and her 'wait'. So thankyou Cassie love.

Last Tuesday got us out to meetings and deliveries, this is good as we get to meet our clients and have a good natter..

I was not prepared for the excitement of Tuesday night when I had a text from Laura at 22.30pm to say Annie, the PWD, was in labour she invited me to join them. I jumped in the car and got myself over there. This really was a fabulous experience and thank you to them all for letting me share this, is was wonderful. I crept back home at 04.30, as high as a kite and quite unable to sleep. Nature really is fabulous. So far they are all doing well although I suspect Annie plus all the Browne family are worn out as it's a 24/7 watch event whilst they are so small.

Must state that I was amazed by how much traffic was about on my early trip and the one back at 4 in the morning!

After very little sleep the next day Merlin pick up. This is always SO stressful you seem to live life on a knife edge. Of course whilst he has been away the girls have sorted themselves out - their own little pack. First he is excited then very quiet as if he can't quite believe it. So we get back home and in he comes and mayhem is the result. He remembers the girls, gets a wiff, wants them---they don't want him and tell him so grumbling goes on. I panic, Jim does not! . So---we have to split them all up. It is impossible to describe. We spent a couple of days like that, feeding them in rotation. Then after some fast reading of training books I started feeding them together with me on guard. The first time was a bit fraught as my older OES Chloe had by now decided she was wary of Merlin so she joined the game. Overall, Merlin spent the first 5 days like a different dog, quiet, slept a lot, not sure at all of what was happening. Jim suggested a run around the land all together. That broke the ice and he started taking them several times a day. As I start this on Sunday they are eating together, spending the days together, avoiding each other sometimes but we are getting there. I would not leave them alone at the moment. I must point out that this happens each time. Every time I wail when will it ever return to normal. It does. Today they all played ball together so there is hope!!

Reading about Carrie-Anne's comments on walks with dogs has prompted me to think back over the 10 years we have had our farm here. We live in the country, it is quiet and surrounded by orange groves. When we first visited we would walk the dogs happily around the farm on the surrounding land. But slowly after we moved here in 2004 different things happened. Julie's GSD was poisoned a couple of times, we think by the bottles of chemicals not being sealed. The 5litre bottles are just left around the orange grove. Next on a couple of occasions I was walking over the fields and came face to face with a strange man with a gun over his shoulder which bothered me. Then Chloe jumped a wall and ended up in the field next door and couldn't get back!!! I managed to recatch her eventually. Next was the appearance over several walks of dead rabbits in different places which seemed to be very attractive to the dogs but I was not so happy. The hunting season brings with it other terrors as hunters completely disregard the rules as to how close they can shoot. So my country walks stopped---I do not take them now. They have to make do with our own land. Another big problem with my hairy dogs is grass seeds and ticks. This even causes us problems on our own land and I find myself brushing and combing through 4 dogs on a daily basis doing a grass seed and tick watch. Invaluable tool being my Tick Twister which means even I can get them out easily.

Cassie has tried out a comfy collar and can recommend it is everything it says-----she had stitches that had to be kept safe and it worked, she used it as a pillow. After all the battles over the years with 'the lampshade' this really made such a difference. She did not complain and didn't even seem to know it was on.

Cassie in her collar.

The furkids have found great interest and fun to be had whilst Daddy mended the garden irrigation. Oh, the joy of standing in the full spray of a 'test run'. Memories of our beloved Lennie who used to make me laugh so much as he jumped in the air to catch the water jets.

Cassie has decided that perhaps if water dogs swim she will swim as well----------not what you expect of an OES. Not quite as elegant as a PWD. Of course at the moment 3 of my dogs are show dogs, swimming and groomed coats do not go side by side but we have a few weeks till the next one.

Tomorrow I have 4 dogs to bath----that is my 'day off'!!

*Jan Cobley Paws 4 Pets*
*916 273 376*
*www.paws4pets.net*

## Milo & Me

Milo is really enjoying his first summer.

His favourite spot in the garden at the moment is under the stairs, where it is fresh and shady and the tiles are cool on his tummy.

I am just desperate to take him to the beach for a swim, but a) I don't trust him off his leash in busy places yet, and b) the beaches I can take him to, that are dog friendly, have loads of other dogs on them (apply point a to point b and you'll understand why I don't take him).

So he just has to make do with his country walks at the moment.

We did a moonlight walk the other evening - very nice. Cool and a bit creepy. Milo wasn't bothered in the least - he just wanted to find the horses. He's getting bolder now. He bit off more than he could chew the other day though.

He had a yap at the horses and several decided to answer back.

One neigh led to a chain reaction of neighs that seems to get louder and louder as they got closer. Milo dashed behind my legs and sat there peeking out until he was sure there wasn't a stampede heading in our direction. Then did it again, as if nothing was.

I sometimes get the impression he's not the sharpest tool in the shed.

Like for example, with the stick-chasing game. It goes like this:

During our walks Other Half picks up a stick and tells Milo to fetch. Other Half makes as if he is throwing the stick but doesn't actually let go of it and hides it behind his back instead. This all happens so fast that Milo gallops off to find the stick, comes back really confused when its nowhere to be found, then when he gets shown the stick his expression is just hilarious - always the same totally surprised look, as if to say "hey, there you are, how'd ya get back there so quick?!"

Of course we do actually throw the stick for him to fetch, but it's so hard to resist teasing him. It doesn't matter how many times we do it there's always the same element of surprise mixed with delight when the stick is shown.

It's a case of 'lights are on but no one's home' (most of the time).

He's getting so big now. Its funny: from the front he looks like grown-up dog, but from behind he's still got this clumsy walk,

huge paws and chubby back legs that are so puppyish.

He's six months old this week. Seems like we've had him so much longer than that.

*Carrie-Marie Bratley*

## Hi There !

**Little Girl Pup - Free to a loving home. Beautiful 7 week old female puppy, medium sized dog, very alert and affectionate. Absolutely adorable. Location: Eastern Algarve Please contact me on: +447766238526 or katiestewart234@hotmail.com**

**Many KITTENS are waiting for a nice loving home. They all look different (white, black, ginger, Siamese or tabby) and they are very sweet and friendly. All of them have been wormed & deflead and some are vaccinated. Call Valerie for a visist 913 860 865 or lili10.evann@yahoo.fr**

**Hi everyone, one gorgeous female choc lab type puppy found on road near my house a week ago. Desperately needs a home. Wormed, defleaed, 1st puppy vaccine. Cannot stay where she is now for much longer. For adoption or info mail or ring Marie at 289-841480**

**DULCE, a black Labrador of 3,5 years old is a victim of .... a pregnancy of her owner. Her owner got pregnant and easily got rid of the dog that has been a member of the family until now. Dulce is extremely gentle and VERY calm, house trained, patient with kids (but not playful) and is now very sad because she does not understand what happens. Sterilised and vaccinated. If you would like to give her a home, please contact Association Bianca at: sesimbra.bianca@gmail.com or call Margarida at 966156147 or see more pictures of Dulce at www.bianca.pt/english**

# Portimonense to play in Faro

Brendan de Beer

Portimão football club Portimonense will be kicking off their home fixtures at the end of August at the Faro-Loulé stadium, sources have told **The Portugal News** this week.

According to the club the Algarve Stadium, which was built to host Euro 2004 international matches, will be Portimonense's home until extensive renovation work at the Portimão Municipal Stadium has been completed.

A visit to the stadium this week revealed that the northern stand, usually reserved in the club's glory days for visiting fans, has been completely demolished.

The turf, which was first laid in 1977 when the club gained promotion to the First Division for the time in its history, has also been dug up.

Workers at the stadium told **The Portugal News** they were unsure as to when work at the stadium would be concluded, but laughed off any suggestions it would be in the near future.

Fernando Rocha, the club chairman, has also since opted not to give a deadline for the completion of work when questioned on the matter.

A club source also told **The Portugal News** suggestions the team might play in the new Parchal stadium were unfounded as "we wouldn't be spending time and money on our existing stadium if that were the case".

The renovation work in Portimão also appears to suit interest groups looking to filling the usually vacant Algarve Stadium.

In a recent interview, the President of the Algarve Tourist Board (ERTA) Nuno Aires told The Portugal News he was looking at setting Algarve top flight clubs Portimonense and Olhanense an ultimatum that will force them to play at the Algarve Stadium or face a cut in sponsorship.

"We have discussed the possibility of making our sponsorship of these two teams depend on whether they accept playing five games each at the stadium. In other words, they will have to play their home matches against Benfica, FC Porto and Sporting at the Algarve Stadium and also the two regional derbies between Portimonense and Olhanense will have to be played at the stadium", he warns, accepting that the teams could be punished for wanting to play their home games in Portimão and Olhão.

"But it makes perfect sense that these games are played at the Algarve Stadium".

But Portimonense will have to wait until the end of October before facing a club whose visiting support is capable of filling the stadium when they 'host' Benfica.

Sporting will be in the Algarve on December 5, but before then, on September 19, will be local derby against Olhanense.

FC Porto are only scheduled to face Portimonense next April.

General view of the Portimonense Stadium in 2007. (Photo: Lusa / Luis Forra)

# Federation reviewing accusations against national coach Queiroz

The board of Portugal's football federation (FPF) announced that its disciplinary committee is reviewing accusations that national squad head coach Carlos Queiroz verbally abused anti-doping inspectors.

No announcement on Queiroz's job status has been made but the FPF has instead issued a statement in which it expects the inquiry to be over "by mid-August".

The Portuguese Sports Institute (IDP, a government body) opened an investigation on Queiroz for allegedly mistreating inspectors who submitted Portuguese national squad players to a drugs test in June.

Queiroz reportedly lashed out at the inspectors in a profane tirade, questioning the timing of the tests; IDP guarantees that the tests were routine.

The incident took place before the South Africa 2010 World Cup, but was only reported after the competition was over. Portuguese press has reported that FPF is analysing whether the incident is grounds for firing Queiroz – whose contract runs until 2012 - with just cause.

In an interview last week with state broadcaster RTP, Queiroz claimed to be the "victim of a public lynching" and threatened to denounce "government interference" in FPF to FIFA (the international soccer ruling body).

Queiroz second spell at the head of the Portuguese national squad began in 2008. His first stint ended in 1994, amid harsh criticisms of FPF leadership.

Portugal had a subdued performance in the 2010 World Cup, winning only one match and going scoreless in three. *TPN/Lusa*

Carlos Queiroz talks to journalists after the start of his holiday on his arrival at Lisbon airport on July 30th. (Photo: Lusa / António Cotrim)

# Portugal's first 'gay' rugby team makes international debut

A Portuguese rugby team purposely created to combat prejudice and homophobia played its first international game last week in the Jamor stadium, Lisbon.

Many of the players had previously aspired to play rugby but had been blocked from joining "traditional" teams.

To fight prejudice, team founder Filipe created the first rugby squad to include homosexuals, the 'Dark Horses', which is in fact mainly made up of gay players.

"Collective sports in Portugal feed homophobia, this project doesn't. It is a sport project that does not discriminate anyone, irrespective of their sexual orientation, skin colour, if he lives along with his mother or with his cat", Coach Filipe told Lusa News Agency.

The coach guarantees that none of the 'Dark Horses' are discriminated against; "One player is married and there is an 18-year-old who has a girlfriend" he explains. The rest of the team is made up of homosexuals.

According to the team, being homosexual in Portugal is still not widely accepted in various circles, and is particularly hard within the sport world.

Those who did integrate other teams "felt out of place", said Filipe, who started playing amateur rugby as a university student.

Created last September, the team was initially called 'Boys Just Wanna Have Fun', but eventually became the 'Dark Horses'.

Despite the majority of the 'Dark Horse' team being amateurs, the team is currently training for the European Union Cup, which takes place next year.

Last week the team made its debut against an international team during the Pitch Beach Championship, which ran until Sunday, with games in the National Stadium and Carcavelos beach.

Other teams taking part in the Pitch Beach Championship (which refers to the locations where the games take place, on grass pitches and beaches) are Los Valents, from Montpellier (southern France), and 'Straffe Ketten R.F.C.', from Brussels (Belgium).

# Manchester United's Anderson fine after 'horror' Portugal crash

Manchester United and Brazilian international midfielder Anderson has this week been reassuring fans that he is recovering well after a high-speed crash near the northern city of Braga.

The worst was feared on Monday when it was reported that the 22-year old's "lifeless" body had been dragged from the burning wreckage of his Audi R8.

"I am very lucky because the accident was serious", the player told the Daily Mail this week.

"I knew the road well. But the car lost control at a curve and we crashed against a wall. I remember people coming to help, which I am very grateful for".

# Portuguese football chief pushing Iberia Cup initiative

**The Portuguese and Spanish football leagues have opened discussion on launching an Iberian Cup competition, the new head of Portugal's league said.**

Fernando Gomes said he began exploratory talks with his Spanish counterpart, José Luís Astiazaran, last May in Madrid, even before his election to the Portuguese post.

"We will continue to develop contacts with the objective of realising an Iberian connection", Gomes told Lusa News Agency, adding that it was still not clear whether the future event would be limited to the two countries' league champions or also include national cup winners.

While acknowledging there were "tremendous (calendar) difficulties" to be overcome, he expressed hope that the joint Iberian bid to host the World Cup in 2018 or 2022 would add impetus to the Iberian Cup initiative.

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